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# Useful Receipts.

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SIMPLE DIRECTIONS FOR PRACTICAL  
HOUSEKEEPERS,

INCLUDING

CONTRIBUTIONS OF SPECIAL DISHES FROM MANY SOURCES  
AND A FEW CHOICE RECEIPTS NOW  
LITTLE KNOWN,

BY

ELIZABETH SLUYTER AYRES.



HARTFORD:  
THE FOWLER & MILLER COMPANY, PRINTERS, 341 MAIN STREET.  
1892.



## • • Preface. • •

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THE RECEIPTS printed in this book have been thoroughly tested, and are believed to be expressed in simple and accurate terms, so that there can be little difficulty in putting them in successful practice. In all dishes, but more particularly in those which depend for the best results on the combination of a number of flavors, it is necessary to follow closely the directions as to weights and measurements. Carelessness in this may convert a delicious dish into one that is, at best, commonplace.

Many of the receipts have been furnished by ladies who have for years made a practice of collecting the rules for dishes that they have found especially attractive. The receipts marked "Dutch" are taken from the manuscript cook-book of my grandmother, dating from 1820. From this source such only have been selected as have been found to please American palates of the present day. To these have been added a few that are, as far as known, entirely original.

The intention has been to produce a book which, while affording a sufficient variety, shall be compact and suggestive, and adapted to the use of families of very moderate means, as well as of those who spend freely on the table.

The receipts credited to "First Principles" are reprinted by permission of Miss Parloa, and I desire to express my thanks for her courtesy in this matter. It is a pleasure to acknowledge the kind assistance of those who have contributed favorite receipts of their own, and have in other ways facilitated the work of preparation. Their help has enlarged the scope and variety of this collection and added materially to its value.



## • • Soups. • •

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### SOUP STOCK.

Soup stock should always be made in a perfectly clean, closely-covered kettle. To every pound of meat and bone add one quart of cold water. Salt and pepper to taste. Be very careful that every bit is fresh, as the smallest tainted piece will ruin the flavor of the whole. Let it come very slowly to a boil ; skim off every particle of scum as it rises, as, if this is allowed to cook, it, too, will spoil the flavor. Boil steadily, but slowly, allowing an hour for every pound of meat. Strain and set away to cool. When perfectly cold remove any fat that may be on it. It may be used at once or put away in a porcelain or earthen dish, as, in winter, it will keep a week or longer. As vegetables cooked in the stock cause it to spoil more quickly, put them in only as used. Cut off as much as is needed (it is now in the form of thick jelly), dissolve in hot water and add vegetables, maccaroni, celery, corn, toasted bread, whatever is necessary to make the kind of soup desired. To thicken use corn starch, flour, tapioca, rice or bread crumbs.

The secret of good soup is in many blended flavors, no one predominating. Herbs, spices, catsups, sauces, lemon juice, wine, and vegetables can be used, and this simple stock can be made into many delicious soups. In using wine, or catsups, or sauces put into the tureen

before you pour in the soup. To color soup caramel or burnt sugar is the best, as it adds flavor as well as color.

#### MIXED STOCK.

A mixed stock can be made by taking the trimmings of meat, bones, and tough pieces left from roasts, steaks, or chicken and turkey carcasses and trimmings. Add a quart of water to every two pounds of this meat and bones. Proceed in the same manner as with the other. For common soups, gravies, and sauces this stock is very good.

#### TO CLARIFY STOCK.

The best way to clarify stock is to have one pound of raw beef chopped fine and after the stock has been strained into the soup kettle add the chopped beef with the beaten whites of two eggs; heat very slowly and let it simmer for an hour and then strain.

#### STOCK FOR CLEAR SOUP.

This stock is made by putting in water one pound of beef from the lower part of the round for each quart of water and boiling slowly for several hours. When it first comes to a boil it should be skimmed and then set back on the stove where it will simmer gently. After seven or eight hours or more, if experience shows that to be desirable, strain and cool. When cold skim off the fat, and pour the remainder into the kettle. Some sediment will be found at the bottom and this must not go into the kettle. To season it add for each three pounds of meat used a small onion, a stalk of celery, half a dozen peppercorns, and a sprig each of parsley, thyme and summer savory, a leaf of sage, and

a leaf of thyme. Some prefer to slightly increase the quantity of seasoning. Boil fifteen minutes and add salt and pepper to taste. When strained it may be used at once as a clear soup or kept for several days as a foundation for other clear soups.

For bouillon follow the same rule except that a pint of water is used instead of a quart to each pound of meat.

### AMBER SOUP.

(Live and Learn.)

Three pounds of beef (the lower part of the round is best), one fowl cut up and the bones cracked, one onion, a stalk of celery, six cloves, pepper and salt, cover with four quarts of water ; let it boil very slowly for six hours. When it first begins to boil skim carefully. Strain the liquor into a bowl, and let it remain over night. In the morning remove the fat and put the jelly into the soup pot, taking care to avoid the settlings. Place it on the stove and when hot stir into it the beaten white of an egg, and boil quickly for a minute. Strain again, and add a tablespoonful of caramel for coloring. Swell two tablespoonfuls of sago for an hour, in cold water ; then boil until it is clear, keeping enough water to it to prevent its hardening into a mass ; then stir into the soup and serve.

### CONSOMMÉ.

Put four pounds of lean beef and four pounds knuckle of veal in the soup kettle and pour over it five quarts of cold water ; add a heaping tablespoonful of salt ; set it on the fire where it will heat very slowly. As the scum rises skim very carefully, then



add a large carrot, half a turnip, one leek, a stalk of celery, a small bunch of parsley, two bay leaves, one onion, two cloves of garlic, half a dozen black peppercorns, a blade of mace, six cloves and half a lemon. Set the kettle where it will boil very slowly for six or eight hours. Then take the meat and vegetables out with a skimmer, strain the liquor through a colander and stand away till cold; then take all the fat from the top, return to the soup kettle and clear it by breaking two eggs, shell and all, into the consommé; let it boil ten minutes and then strain through an old napkin. It is then ready for use. The consommé may be colored any shade of brown by using caramel.

### CHICKEN SOUPS.

Cut two chickens into small pieces, and with one half pound of ham and one quart of water boil until tender; then remove the breasts, add three quarts of boiling water and boil three hours. While the soup is boiling chop the breasts very fine. Rub the yolks of four hard boiled eggs to a paste, moisten with a little of the soup, add half a cupful of bread crumbs and the chopped meat. Make into balls. When the soup has boiled three hours, strain and skim off any fat. Season with pepper and salt, and add a cupful of chopped celery and the meat balls. Boil ten minutes, then pour in a pint of cream thickened with a little flour. Boil one minute, and serve.

Another chicken soup is made by boiling very slowly a chicken in enough stock to cover it, with one clove, a slice of onion and one of carrot. After it has simmered three hours take out the chicken, remove the white meat and pound it fine. Remove every particle

of fat from the soup, add the pounded chicken and rub through a sieve. Return to the fire, add a pint of cream, flavor with a little nutmeg and pepper and salt, strain again, and serve.

### MUTTON BROTH.

Four pounds of lean mutton ; cut into small pieces ; pour over it four quarts of cold water ; heat slowly ; add salt and pepper and an onion. Cook very slowly until the meat is in shreds. Strain, and when cool remove the fat. To each quart of broth allow two tablespoonfuls of rice, soaked in water one hour. After the broth begins to boil add the rice, and boil for one hour. Season, and serve.

### VEAL SOUP.

(Live and Learn.)

Boil slowly a knuckle of veal in three quarts of water. Skim carefully, and add an onion, a stalk of celery, pepper and salt to taste. Cook for four or five hours. Remove all the fat from the top, and strain carefully to remove all the sediment. Return to the fire, and when hot add one pint of cream, and thicken with a little flour. Strain, and serve.

### DRIED BEAN SOUP.

Soak a quart of beans in two quarts of water over night ; pour off the water in the morning, and add six quarts of fresh water, and one-half pound of salt pork. Boil six hours, closely covered. Cut a head of celery into small pieces, put in the soup, season with pepper, and cook half an hour longer. Strain, and serve.

### EMERGENCY SOUP.

A very simple way to prepare a clear soup, if wanted in an emergency, is to use four tablespoonfuls of beef extract, three pints of water, one slice of onion, two cloves, one peppercorn, one small slice of turnip, a very small bay leaf, a small sprig of parsley, thyme, summer savory, sage, sweet marjoram, and a small stalk of celery. Boil the vegetables and herbs in the water slowly for one hour, add the beef extract, salt to taste, and strain. Great care must be taken not to over-season the soup,—just an even blending of the whole.

### BLACK BEAN SOUP.

Soak one pint of black beans in water over night. In the morning pour off all the water and put the beans into four and one-half pints of fresh water, to boil, adding a small piece of salt pork and eight whole cloves. Boil slowly for six hours, stirring sometimes and occasionally pounding the beans with a pestle to soften them. When done, strain through a colander, mashing the beans with a spoon to make them go through; put over the fire again, long enough to heat thoroughly, then add a wine glass of sherry; put into the tureen hard boiled eggs cut in slices, and half a lemon sliced. If you wish to add stock, you can do so the last thing, but leave out the pork. H. B. W.

### GREEN PEA SOUP.

Cover three pints of green peas with water, and boil until you can mash them through a colander, adding a little of the water to free the pulp from the skins. Return the pulp to the water in which it was boiled,

or, if you have stock, use it instead of the water. Thicken with two tablespoonfuls of butter, rubbed into a little flour. When done, add a pint of cream, or half milk and half cream, if you cannot get a pint of cream. Season with salt and pepper, and as soon as it comes to the boiling point serve. Some boil an onion with the peas and take it out before mashing them. Strain the soup before serving. H. B. W.

### TOMATO SOUP.

(From "First Principles of Household Management and Cookery." Copyright 1879 and 1882, by Maria Parloa.)

One quart can of tomatoes, two heaping tablespoonfuls of flour, one of butter, one teaspoonful of salt, one of sugar, a pint of hot water ; let tomato and water come to a boil ; rub flour, butter, and a spoonful of tomato together ; stir into boiling mixture, add seasoning, boil altogether fifteen minutes, rub through a sieve, and serve with toasted bread.

### MOCK BISQUE.

A pint of tomatoes (canned or fresh), a quart of milk, a large tablespoonful of butter, and two tablespoonfuls of flour. Stew the tomatoes fifteen minutes with a bay leaf, a sprig of parsley, and a blade of mace. Put the milk in a double boiler, rub the butter and flour together, add to the milk when it boils, and stir till it thickens. Strain the tomatoes and add the thickened milk, a little soda, and a teaspoonful of sugar. Do not mix until ready to serve.

## VEGETABLE SOUP.

Take two quarts of stock, add one carrot, one turnip, one parsnip, two onions, all chopped very fine, one cupful of chopped cabbage, two tablespoonfuls of rice or barley, and either four fresh tomatoes or part of a can of canned tomatoes. Boil all together one hour, then add salt and pepper, and serve. A little celery chopped fine is a nice addition.

## ASPARAGUS SOUP.

Cut the tops off a bunch of asparagus, and put the stalks in three pints of stock, or water, if you have no stock. Fry half an onion in one tablespoonful of butter, add a small bay leaf, a sprig of parsley, a sprig of celery and one of thyme; put these in the soup with four peppercorns, and let the whole simmer half an hour. Then strain through a purée sieve, pressing through all the asparagus that you can. (The asparagus tips which were cut off should in the meantime have been cooked in a cup of stock or water for twenty minutes.) Strain the stock or water off into the rest of the soup. Put the soup back on the fire. Stir two tablespoonfuls of flour with two tablespoonfuls of butter, and add them to the mixture. Let the soup cook slowly after adding the thickening for ten minutes, and stir often. Then add a cup of cream and the asparagus tips. Serve the soup at once.

## PURÉE OF CELERY.

One head of celery, a quart of milk, a tablespoonful of onion juice, a tablespoonful of butter, and three tablespoonfuls of flour. Cut the celery in small pieces,

boil half an hour in a pint of water, and rub through a sieve. To a quart of milk in a double boiler add the celery broth, the onion juice and the flour and butter (previously rubbed to a paste, and slightly thinned with celery broth.) Stir till it thickens, season, and serve at once. It is improved by the addition of one cupful of whipped cream just after pouring in the tureen.

### PURÉE OF CAULIFLOWER.

Boil one small cauliflower in three pints of white stock thirty minutes. Stir two tablespoonfuls of flour into one tablespoonful of butter and add to the stock; cook ten minutes. Then remove from the fire, and press the whole through a purée sieve. Add one cupful of cream, and let the whole boil for five minutes, stirring constantly. It is improved by having half a cupful of whipped cream added after it has been poured into the tureen.

### POTATO SOUP.

(From "First Principles of Household Management and Cookery." Copyright 1879 and 1882,  
by Miss Parloa.)

Three potatoes, one pint of milk, half an onion, one stalk of celery, one-half tablespoonful of butter, one teaspoonful of salt, and one-eighth of pepper. Pare potatoes, cover with boiling water, and boil thirty minutes. While the potatoes are boiling, cut up onion and celery, and put on to boil, with milk. When the potatoes are done, drain and mash light and fine; then pour the boiling milk on them, rub through a sieve, and serve immediately. A cupful of whipped cream added when in the tureen is a great improvement.

This soup spoils if it is allowed to stand, and is not good even when kept hot, but is very delicious if eaten as soon as cooked.

### CORN SOUP.

Cut one pint of corn from the cob. Cut the outer edge of each kernel off, then scrape the ear. Put the corn in a double boiler, with one quart of milk, and cook for ten minutes. Melt one tablespoonful of butter in a sauce-pan, add one tablespoonful of flour, and when smooth add gradually one-half cup of milk; boil up once, and add to the milk and corn in the double boiler. Cook five minutes, and then add the yolks of two eggs well beaten; stir for one minute after the eggs have been added. Salt and pepper to taste. Serve at once. A small onion cut in slices may be cooked with the corn and milk.

### LOBSTER SOUP.

Take the meat of one good-sized lobster and chop it fine. Scald one quart of milk, mix two tablespoonfuls of butter with one of flour and add to the milk with salt and red pepper to taste. Pour on the lobster shells one pint of boiling water; then pour off the water and add it to the milk; then add the meat of the lobster and let it all boil two or three minutes. Serve at once.

Mrs. Julius Catlin.

### BROWNED FLOUR FOR SOUPS.

Put a pint of sifted flour into a frying pan and stir constantly over the fire until it becomes an even brown. Great care must be taken not to scorch the flour, as it is then unfit to use.

**CARAMEL.**

Half a pound of brown sugar, one tablespoonful of water. Put into a frying pan and stir steadily over the fire till it becomes a deep dark brown. Then add one cup of boiling water and one teaspoonful of salt. Boil a minute longer ; bottle and keep corked. One tablespoonful will color a clear soup.

**TOAST CRUMBS.**

Cut even slices of stale bread ; butter on both sides ; cut in dice ; put them in a pan and brown in the oven. Very nice to serve with soup.

**NOODLES FOR SOUP.**

Stir into two eggs as much flour as possible ; roll very thin ; when partly dry roll up, and with a sharp knife cut into very fine slices. Dry thoroughly. Drop into the soup just before serving.



## • • Fish. • •

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### ROAST OYSTERS.

Wash the shells perfectly clean and wipe dry ; place in a baking pan, and roast in a very hot oven. When done they open. Remove the upper shell, and season the oysters with pepper, salt, and a little butter ; arrange carefully on a large dish, and send to the table.

### STEWED OYSTERS.

Put the oysters on in their own liquor, and stew until the edges curl. Season with pepper, salt, and a little butter. Serve with toasted bread.

### FRIED OYSTERS.

Select large oysters and roll in bread crumbs ; fry in butter ; season with salt and pepper. Or they can be dropped in beaten egg and then in crumbs.

### OYSTERS ON THE HALF SHELL.

Oysters on the half shell are opened just before serving. Six oysters allowed to each person. Serve with slices of lemon.

### OYSTERS AND BACON.

Season large oysters with salt and pepper ; cut very thin as many slices of bacon as you have oysters ; wrap a slice of bacon around each oyster, and fasten

with a wooden skewer ; put in a very hot sauce pan and cook only long enough to crisp the bacon. Serve on small pieces of toast and garnish with parsley.

### PANNED OYSTERS.

For eighteen or twenty good-sized oysters put a large tablespoonful of butter in a frying pan ; when slightly brown put in the oysters. Season with pepper and salt, and a little mace or nutmeg. Cook until the edges curl. Serve immediately and very hot on toasted bread.

### CREAMED OYSTERS.

One cupful of cream or cream sauce, one pint of oysters, one small slice of onion, a speck of cayenne, and a small bit of mace ; put the cream in the double boiler with the onion, mace, and cayenne, and thicken with one teaspoonful of flour wet with a little cold milk. Cook for ten minutes. In the meantime parboil the oysters and skim carefully. When they have boiled one minute drain off all their liquor, and pour the oysters into the cream. Take out the mace and onion, and serve. If you use cream sauce you will, of course, not have to thicken it with the flour, as it has already been thickened.

### OYSTERS WITH SHERRY.

One quart of oysters, one cupful of bread crumbs, salt and pepper, two tablespoonfuls of butter, and one pint of sherry. Butter a deep dish and cover with bread crumbs, put in a layer of the oysters, sprinkle with salt and pepper, and lay in some small pieces of but-

ter ; then another layer of crumbs, and so on until the oysters have all been used ; pour the sherry over them, and cover the top with bread crumbs and a tablespoonful of melted butter. Bake for fifteen minutes in a moderate oven. Serve very hot.

### ESCALLOPED OYSTERS.

Select small, plump oysters ; butter a shallow dish, and shake some fine bread crumbs over the bottom ; fill it with alternate layers of oysters, bread crumbs, and butter, cut into small bits. Pour in the oyster liquor, which must be strained, put a layer of bread crumbs on the top, and put small pieces of butter over them. Bake in a hot oven for fifteen minutes. Some persons like a little cayenne and either mace or nutmeg added to the escallop. An escallop is sometimes made by using cream sauce instead of the oyster liquor.

### OYSTERS STEWED WITH MILK.

From one quart of oysters strain all the liquor and add to it an equal quantity of water. Bring it to the boiling point, skimming carefully. Add salt, pepper, a tablespoonful of butter, and a cup of milk. Boil the oysters in the liquid until the edges curl, add the milk, and serve as soon as it is again hot. *Do not, however, boil the milk.*

### OYSTER TOAST.

One pint of oysters ; mince them and season with salt and pepper and a pinch of nutmeg ; beat the yolks of four eggs and mix them with half a pint of cream. Put the whole in a saucepan and set it over the fire to *simmer* until thick ; stir it well, but do not let it boil,

lest it should curdle. Toast four or five pieces of bread and butter them. As soon as the oysters and cream are near boiling point pour over the toast and serve immediately. You can easily spoil this dish by allowing it to boil, or by not serving immediately.

H. B. W.

### CLAMS ON TOAST.

Roast the clams slightly, remove from the shells, chop them fine, carefully saving all the juice. Put them into a saucepan with a little butter; and when done add a little pepper. Serve first the toast and then the clams, to be poured over the toast.

### ROASTED CLAMS.

Take clams, as many as needed, put into a pot with a little water to have shells open, take out the soft part, put in a chopping bowl and chop fine with parsley, onion, tomato, pepper, mace, salt, one egg, bread crumbs, and butter. When well mixed, put in the shells and bake half an hour. Put a little butter and bread crumbs on the top to brown.

### BAKED CLAMS.

Drain the clams, which must be the large, long-neck ones, and wipe dry. Cut very thin strips of salt pork, wrap the clams in two or three of these, or enough to cover the clam, fasten with a wooden toothpick; place in the shells, tie them tightly together with twine, and bake fifteen or twenty minutes.

### STEWED CLAMS.

One-half peck clams, washed perfectly clean ; put into a kettle with a cup of water, and as it comes to a boil the steam will open the shells. Take them from the shells, strain the liquor, add a pint of milk, a tablespoonful of butter, salt, pepper, and three finely rolled crackers. Let it come again to a boil and serve very hot.

### DEVEILED CLAMS.

One dozen clams and their liquor with one small cup of water added. Let come to boiling point and strain through a colander. Mix two tablespoonfuls of butter with two and a half tablespoonfuls of flour and a little water and stir gradually into the liquor while over the fire. Boil until of the consistency of blanc mange before it cools ; then add two beaten eggs and a pinch of red pepper. Having chopped the clams very fine, add them to the mixture ; let boil one minute and then set away to cool. Put into shells or a deep dish, cover with sifted bread crumbs and tiny bits of butter, and bake half an hour. H. B. W.

### BROILED LOBSTER.

Take perfectly fresh uncooked lobster split in two lengthwise. Spread with butter, salt, and pepper, and sprinkle lightly with bread crumbs. Broil over a rather slow fire. Garnish with parsley and serve with tartar sauce.

### A SIMPLE WAY OF PREPARING LOBSTER.

Cut the meat into small pieces ; add the green fat and the coral. Melt in a saucepan one tablespoonful

of butter and a heaping tablespoonful of flour. Stir smoothly together, adding slowly one large cup of milk or cream, a saltspoonful of mace, a pinch of cayenne pepper, and a half a teaspoonful of salt. Put in the lobster and cook ten minutes.

### LOBSTER FARCI.

Chop boiled lobster very fine. Put a cup of milk and a quarter of a pound of butter in a saucepan, and when very hot (must not boil) put in the lobster with some chopped mushrooms previously parboiled (about two-thirds of a can of the French mushrooms). Add a little chopped parsley, some red pepper and salt if needed. When thoroughly heated put into lobster shells or a scallop dish, cover with dried and sifted bread crumbs and put in the oven long enough to brown. It is very nice sent to the table in a chaffing dish. This rule is for three pounds of lobster.

H. B. W.

### ESCALLOPED LOBSTER.

For one large or two small lobsters, one pint of cream or white stock, two tablespoonfuls of butter, two of flour, salt, pepper, and a pint of bread or cracker crumbs. Boil the cream. Mix the flour and butter together and add a little of the boiling cream. When smooth stir into the remaining cream and cook two minutes. Add the lobster, salt and pepper and boil one minute. Pour into a buttered dish, cover with the crumbs and brown in a hot oven. Deviled lobster is prepared in the same way with the addition of a teaspoonful of mustard, putting the above mixture into lobster shells and browning in a hot oven for twenty minutes.

### LOBSTER NEWBURG.

Four pounds of lobster, three heaping tablespoonfuls of butter, two tablespoonfuls of brandy, and two of sherry, a cupful of cream, yolks of four eggs, salt and pepper to the taste. Cut the lobster into cubes. Put the butter in a saucepan, and when hot add the lobster. Heat thoroughly, then add brandy, wine, and seasoning, and cook four or five minutes longer. Beat the yolks and add to the cream, and when well mixed pour into the saucepan with the lobster and stir for a minute. Serve at once in a hot dish. H. B. W.

### AN OLD DUTCH WAY OF STEWING LOBSTER.

Take the soft meat from the body of the lobster, and with a spoon mix it fine with white wine—a large tablespoonful of wine to a small lobster. Put it over the fire, with the rest of the meat cut fine; add four more tablespoonfuls of white wine, a little mace, pepper and salt. Let it stew together five minutes, then add a tablespoonful of butter, one of vinegar, and half a cup of bread crumbs. Let it again come to a boil, and serve hot.

### FRIED FROGS' LEGS.

Dip in milk in which is a little salt and pepper and sliced onion; roll in flour, and fry brown in very hot lard. Garnish with parsley.

### STEWED FROGS' LEGS.

Put three or four dozen into a saucepan, with a cupful of stock, two tablespoonfuls of butter, a sliced onion, parsley, pepper and salt. Boil ten minutes. Stir a tablespoonful of flour with a little water; add

the yolks of two eggs, boil up again for two or three minutes, and serve hot.

### SOFT SHELL CRABS.

Dry the crabs with a clean cloth, dip in Indian meal, and fry in boiling fat from eight to ten minutes. Or (not so nice a way) dip in beaten egg, then in fine cracker or bread crumbs. Serve hot and, if liked, with tartar sauce.

### BAKED SMELTS.

Have the smelts drawn at the gills, wash and dry them thoroughly, and dip them into the beaten yolk of an egg, and then into fine bread crumbs. Butter a dish in which they are to be served and arrange them neatly in it, with the tails meeting in the center; season with salt, cayenne, and mace, and cover with a thick layer of bread crumbs; put small pieces of butter on the bread crumbs, and bake in a quick oven until the crumbs are a fine brown. A glass of sherry, half a teaspoonful of essence of anchovies, and a dessertspoonful of lemon juice are sometimes poured into the dish before the smelts are laid in. They will bake in about ten minutes.

### FISH SOUFFLÉ.

Break the fish, which has been carefully boned, into small flakes with a silver fork, and make a cream sauce from a pint of sweet milk, an ounce of flour, a heaping tablespoonful of butter, and the yolks of two eggs. Season with salt to taste, a dash of white pepper, and a small quantity of chopped parsley. In



mixing the sauce first blend the butter and flour, add to the boiling milk, and cook three minutes. Stir until free from every suspicion of a lump, take from the stove, and when nearly cold add the beaten yolks of the eggs, the fish and seasoning. Bake in shells—those of the scallop—china or silver ; set the shells in a large pan and bake thirty minutes. Serve at once.

### FRIED TROUT.

Clean and wash carefully, have slices of pork fried until crisp, and after drying the trout fry in the pork fat until a delicate brown. Serve with the fried pork and garnish with parsley. They may be rolled in Indian meal and fried in butter, and served with cream or tartar sauce. But real lovers of the fish consider them better without anything that detracts from the flavor of the fish.

### FILLET OF HALIBUT.

Cut the fish in thin strips about two inches wide, season with salt and pepper, and set aside for half an hour with a thin slice of onion folded in each fillet of fish. At the end of this time remove the onion, and dip the slices of fish in melted butter, roll up and fasten together with a skewer. Then again dip in melted butter and in flour, and bake in a hot oven for twenty minutes. Serve with a white sauce poured over the fish, and sprinkle with the yolks of two hard-boiled eggs which have been rubbed through a sieve.

### BAKED ROCK COD.

Boil three pounds of rock cod, and when done, remove the skin and bones, and sprinkle with cayenne

pepper and salt. Set away to cool. Make a dressing of three small onions, sliced, one teaspoonful of white pepper, one tablespoonful of salt, one grated nutmeg, one bunch of parsley. Put this in a bag and boil in one quart of milk until the onions are cooked. Rub together one-half pound of butter and three tablespoonfuls of sifted flour; pour over this the hot milk and stir until the butter is thoroughly melted. Put over the fire and add the well-beaten yolks of two eggs, and stir until it thickens. Pick the fish very fine, put half in a baking dish, a little chopped parsley, and half of the dressing, add the rest of the fish and dressing, and sprinkle the top with dried and sifted bread crumbs, and bake half an hour.

### FISH À LA CRÊME.

Boil in salted water a fish weighing about four pounds. When done, remove the skin and bones and flake it. Boil one quart of rich milk; melt a tablespoonful of butter, and add three tablespoonfuls of flour; add two or three sprigs of parsley, and a couple of teaspoonfuls of finely-chopped onion, a little cayenne pepper, and salt. Pour into the milk, and stir until it begins to thicken. Butter a gratin dish, put in the fish and sauce in layers until the dish is full, and have the sauce on top. Sprinkle sifted bread-crumbs over the top, and bake three-quarters of an hour. Garnish with parsley and slices of hard-boiled eggs.

H. B. W.

### STEWED EELS.

Cut into lengths of an inch and a half, put into a saucepan, with enough cold water to cover them, throw

in a little salt and chopped parsley, and cover close. Stew slowly one hour. Add when done a large tablespoonful of butter, a little flour wet with cold water, and a little pepper or cayenne. Serve with toast.

### FRIED EELS.

Roll in Indian meal or in flour, and fry in hot lard or dripping; or dip in beaten egg well salted and peppered, then in bread crumbs, garnish with parsley, and serve with a sauce if desired.

### FRIED 'SCOLLOPS.

The heart or round, hard part is the only part used. Dip in beaten egg, then in cracker crumbs, and fry in hot lard; or they may be stewed like oysters.

### A GOOD WAY TO COOK HALIBUT OR COD.

(Live and Learn.)

Get a piece of fish cut quite thick, soak in salt and water for two hours, wipe dry, bake, basting it often with salted water, in which you put a piece of butter. For cream gravy, place a cup of cream in a tin basin, and set it in another of hot water, rub together a small bit of butter and a teaspoonful of flour, add to the cream when hot, season with salt and pepper. Cook two or three minutes.

### BOILED SALT COD.

Soak the codfish over night in warm water, change the water once. In the morning wash off the salt, and cover again with warm water. About two hours before dinner put into very cold water for one minute.

This makes the flesh firm. Then put on to simmer in warm water for half an hour. Drain very carefully. Put on a platter, cut three hard-boiled eggs in slices and lay on the fish, pour over all a cream sauce. Never allow salt fish to boil, as it hardens it.

### FISH BALLS.

One pint of raw fish, two pints of pared potatoes, the whites of two unbeaten eggs, two tablespoonfuls of butter, and a little pepper. Pick the fish very fine. Put the potatoes into a saucepan, and the fish on top of them; cover with boiling water and boil half an hour. Drain off the water, and mash fish and potatoes together until fine and light, then add the butter and pepper and the whites of the eggs. If the whites of the eggs are beaten the balls will not hold together. Drop into boiling fat and cook until brown.

### PICKED-UP CODFISH.

Soak the fish in warm but not boiling water for an hour, then simmer the fish in water until tender, pour off the water and pick it up very fine; have ready a quart of hot milk for three-quarters of a pound of fish, and put into it the fish and a tablespoonful of butter, stir until it boils, then stir in well a heaping tablespoonful of flour and cook it five minutes; let it cool a little and then stir into it two well beaten eggs without further cooking.

# Meats, Poultry, and Game.

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## BEEF STEW.

(From "First Principles of Household Management and Cookery." Copyright 1879 and 1882, by Maria Parloa.)

Two pounds of beef (the round, flank, or any cheap part ; if there is bone in it, two and a half pounds will be required), one onion, two slices of carrot, two of turnip, two potatoes, three tablespoonfuls of flour, salt, pepper, and a generous quart of water. Cut all the fat from the meat, and put in a stew-pan ; fry gently for ten or fifteen minutes. While the fat is frying cut the meat in small pieces, and season well with salt and pepper, and then sprinkle on two tablespoonfuls of flour. Cut the vegetables into very small pieces and put in the pot with the fat. Fry them five minutes, stirring all the time to prevent burning. Now put in the meat, and move it about in the pot until it begins to brown, then add the quart of boiling water. Cover over, let it boil up once, skim, and set back, where it will just bubble, for two and a half hours ; then add the potatoes, cut into thin slices, and one tablespoonful of flour, which mix smooth with half a cup of cold water, pouring about one-third of the water on the flour at first, and when perfectly smooth, adding the remainder. Taste now to see if the stew is seasoned enough, and if it is not, add more salt and pepper. Let

the stew come to a boil again, and cook ten minutes ; then add dumplings, cover tightly, and boil rapidly ten minutes longer. Mutton, lamb, or veal can be cooked in this manner. When veal is used, fry out two slices of salt pork, as there will not be much fat on the meat. Lamb and mutton must have some of the fat put aside, as there is so much on these meats that they are otherwise very gross. Chicken may be used instead of the beef, and is much more delicate.

### DUMPLINGS.

(From "First Principles of Household Management and Cookery." Copyright 1879 and 1882,  
by Maria Parloa.)

One pint of flour, measured before sifting, half a teaspoonful of soda, a teaspoonful of cream of tartar, one of sugar, half a teaspoonful of salt. Mix all together and run through the sieve. Wet with a small cupful of milk, sprinkle a little flour on the board, turn the dough (which should have been stirred into a smooth ball with a spoon) on it, roll to the thickness of half an inch, cut into small cakes, and cook ten minutes. By remembering that the stew should be boiling rapidly when the dumplings are put in, that they should not sink too deep in it, that they should boil *just ten minutes*, that the cover should fit tightly, so that the steam shall not escape, and that the pot boils all the time, so the steam is kept up, and by following the other directions, success is insured.

### STEWED BEEF (DUTCH).

Boil a piece of beef off the round (weighing about six pounds) slowly for four hours; mix together one

teaspoonful each of parsley, thyme, savory, and sweet marjoram, all chopped fine ; one tablespoonful of salt, one teaspoonful of pepper, and half of a grated nutmeg ; cut little holes in the meat with a sharp knife and stuff the seasoning in. Put the meat in a deep pan, pour over it one pint of claret and one pint of the water in which it was boiled, cover closely, and bake very slowly for three hours. Take out, and after thickening the gravy in the pan with flour, pour it over the meat.

#### BRAISED BEEF.

Take four pounds of the rump and lard with two ounces of salt pork. Put four thin slices of salt pork into a saucepan, place your beef on top, and cook slowly for twenty minutes, turning often ; then add enough stock to cover the beef, two wine glasses of white wine, a carrot, an onion, three sprigs of thyme, three bay leaves, three cloves, three peppercorns, a small bunch of parsley, salt and pepper, and a little nutmeg. Simmer slowly for three hours, drain, and serve with the liquor in which it has been cooked, which must be carefully strained and all the fat removed ; thicken with a little flour and water.

#### A GOOD DISH FROM COLD FRESH BEEF.

(Live and Learn.)

Remove all the fat, cut the meat in thick pieces (not slices), about two hours before dinner ; put in a saucepan and season with pepper and salt ; just cover with cold water and set it back on the stove, where it will simmer gently, *but not boil*. Crack the beef bones and lay them in also. About three-quarters of an hour

before dinner remove the bones, and skim off any fat that there may be. Put in macaroni broken into inch pieces, a little tomato, onion, and a few bits of turnip, just enough for flavoring.

### MOCK DUCK.

Take a juicy round or rump steak, cut an inch thick, and remove the bone. Spread the steak with a dressing made of bread crumbs and a little finely chopped salt pork, seasoned with a little onion, thyme, and sweet marjoram, pepper, and salt. Roll up the steak, rolling the dressing inside, and tie with stout string in the form of a duck. Dredge well with flour, salt, and pepper. Place on a rack in the baking pan, into which pour a cupful of boiling water. Baste frequently. Turn once, so that both sides may be nicely browned. Cook slowly one hour. Serve with the gravy in the pan poured over the meat, first thickened with a little flour. Or the beef may be boiled, covering it with hot water and cooking very slowly three hours.

### BEEF ROLLS.

One pound of beef from the round, one-half pound of salt pork, salt, pepper, sage, and chopped onions. Have the beef cut very thin, cut it into pieces four inches square; cut the salt pork into *very thin* slices, having them a little smaller than the pieces of beef. Mix together one-half teaspoonful of salt, the same of sage, a little pepper, and a tablespoonful of chopped onion. Put the slices of pork on the slices of beef, sprinkle with the seasoning, roll up, and tie. Put a tablespoonful of butter in a saucepan, and when melted



put in the rolls, which have been dredged with flour. When brown take them out and put in a saucepan. Add to the butter a tablespoonful of flour, and when brown pour over it a pint of boiling water. Pour this over the beef, cover, and cook slowly for one hour. When ready to serve remove the strings.

### BEEF STEWED (DUTCH).

Take ten pounds of a brisket of beef; cut the short ribs and put it in a stew pan, with two large onions, stuck with three or four cloves, two carrots cut into quarters, a bunch of sweet herbs, a small lemon sliced, salt, and five quarts of water. Let it stew seven hours; skim well. Take out the beef, thicken the gravy with flour, add a tablespoonful of mushroom catsup and a little cayenne. Strain over the meat and serve.

### BEEF AND POTATO.

Chop very fine some cold beef; season with pepper, salt, onion, and a little mustard. Heat in a saucepan a cupful of stock, put in the meat and seasoning and let it just boil. Butter an escalop dish and pour in the meat. Have two large potatoes boiling and when done mash lightly; add one tablespoonful of cream, one of butter, and one egg, salt and pepper; spread over the meat about an inch thick. Bake until the potato is a light brown. Mutton may be used; in that case use a tablespoonful of catsup instead of the mustard.

### BEEF PATÉ.

Two pounds of raw chopped beef, three tablespoonfuls of sifted cracker crumbs, two eggs, butter the size

of an egg, one tablespoonful of salt, one heaping teaspoonful of pepper, three tablespoonfuls of cream or milk, two large teaspoonfuls of finely chopped onion. Mix thoroughly with the hands and form into a loaf. Dot the loaf with bits of butter and sprinkle with cracker crumbs. Bake an hour in a pan with a little water. Baste frequently with the water in the pan. After the loaf is taken from the pan, stir three or four tablespoonfuls of cream with the drippings in the pan while hot, but not putting the pan over the fire ; pour over the loaf and send to the table. H. B. W.

#### FRESH STEWED TONGUE.

Boil a beef's tongue until tender. Prepare the sauce by putting into three quarts of water a bunch of thyme, summer savory, and parsley, a couple of sliced onions, one dozen tomatoes, two dozen whole cloves, salt and pepper ; boil three hours. When the tongue is tender, brown it by dredging with flour and frying it in butter for a few minutes. When brown, put into the pot with the sauce and stew one hour. When dished the sauce is poured over the tongue with a glass of sherry added. To be carved in thin slices, lengthwise. Very nice cold. H. B. W.

#### VEAL LOAF.

Chop together three pounds of raw veal and one-quarter of a pound of salt pork. Add one cupful of bread crumbs, three eggs, one tablespoonful of sage, and salt and pepper to taste. Bake three hours slowly.

**FRIED SWEETBREADS.**

Boil and split the sweetbreads ; dredge with flour. Put some butter in a saucepan, when hot lay in the sweetbreads and fry brown. They may be served on toasted bread garnished with parsley, or with cream sauce, or pile green peas in the center of the dish and arrange the sweetbreads around them.

**A GOOD DRESSING FOR ROAST VEAL.  
(DUTCH.)**

Two cupfuls of bread crumbs, one of butter, a little parsley chopped fine, a tablespoonful of lemon juice, same of onion juice, a little nutmeg, salt and pepper, and two eggs.

**VEAL CUTLETS.**

Buy four pounds of fillet of veal, cut in thin slices across the grain of the meat, then cut slices into pieces about the size of an oyster. Dip each small piece into egg, and roll in fine cracker crumbs, seasoned with salt and pepper, and fry them in butter. Dish on a hot platter, and pour a brown gravy over all.

Mrs. Julius Catlin.

**FRIED LIVER AND BACON.**

Fry thin slices of bacon in a frying-pan ; when cooked put them on a hot platter. Cut the liver in thin slices, and fry in the same fat ; roll in flour before frying. After the liver is well cooked on both sides, serve hot, with the bacon. Garnish with slices of lemon and parsley.

## HASH ON TOAST.

To a pint of chopped cold beef add a cupful of stock, a tablespoonful of flour, salt and pepper, and a teaspoonful of onion juice. Put the stock on to heat in a saucepan. Dredge the meat with the flour, salt and pepper; add the meat to the stock, cover, and cook slowly for ten minutes. Arrange slices of toast on a platter, and pour the hash over them. Garnish with parsley. Serve very hot. If you do not have stock, water will answer, by adding a tablespoonful of butter. Any kind of cold meat may be served in this manner. A teaspoonful of catsup improves it.

## CORNED BEEF HASH.

To one pint of finely-chopped corned beef add one pint of cold boiled potatoes, chopped. Season with pepper and salt. Put a tablespoonful of butter in a saucepan, and when hot put in the hash, to which add a little water before putting it in the saucepan. Spread the hash smoothly in the pan, and cook slowly. When brown, fold like an omelet, and serve on a hot platter. Fresh beef can be cooked in the same manner.

## BAKED COLD MEAT.

Chop fine cold mutton, veal, or chicken. Have ready warmed a cupful of gravy, left from the day before, or made from the bones of the roast. Season the meat well and stir into this. Strew the bottom of a buttered bake dish thickly with dry crumbs; pour the meat on it; cover with crumbs and set in the oven covered until bubbling hot. Then break enough eggs over the top to cover it well; stick bits of butter here

and there, pepper and salt, and bake quickly until well "set." Serve in the bake dish.

### FRIED CHICKEN.

Have the chicken cut into joints and dredge well with flour. Fry salt pork in a frying-pan until all the fat has been extracted. Then put the chicken in and fry until a good brown, taking care not to burn. When all the chicken is fried serve on a hot platter with a gravy made of one cupful of cream poured into the frying pan after the fat has been poured off, and thickened with a teaspoonful of flour; add a tablespoonful of chopped parsley, and pour over the chicken.

### CHICKEN SOUFFLÉ.

Boil one cupful of milk with half a small onion and a blade of mace. When it boils, stir in a thickening made of one teaspoonful of flour and one of butter. Cook until it thickens, then remove the onion and mace and add one cup of chicken minced fine, to which has been added pepper and salt and the beaten yolks of two eggs. Set away to cool, and when cool stir in the whites beaten to a stiff froth. Pour into a buttered dish and bake from twenty to thirty minutes. Serve at once. Cold turkey, or any kind of delicate meat, may be used in this way.

### TO STEW A CHICKEN (DUTCH).

Cut the chicken into joints; scald and take off the skin; put into a stew pan with an onion finely chopped, a little parsley, thyme, and salt and pepper; add a pint of water and a piece of butter the size of an egg.

Stew it an hour slowly, and just before serving add the yolks of two eggs beaten, and a teacup of sweet cream, stirring it in gradually. Take care that the gravy does not boil.

### SMOTHERED CHICKEN.

Have the chicken split down the back as for broiling; lay flat in a baking pan. Dredge well with pepper, salt, and flour; put little pieces of butter all over the chicken. In the bottom of the pan pour a cupful of boiling water; cover with a pan so that the steam will not escape, and put in a hot oven. Baste often with a little melted butter and the water in the pan. When done place on a hot platter. Add to the gravy in the pan a cupful of cream, a tablespoonful of parsley chopped fine, a teaspoonful of onion juice, and pour over the chicken. Garnish with parsley.

### STEWED DUCKS (DUTCH).

Cut up two ducks as for fricassee, and fry in two tablespoonfuls of butter; then put them in a saucepan with a pint of stock, two onions, pepper and salt, two sprigs of parsley, two sage leaves, a sprig of savory, and one of sweet marjoram. Cover closely and simmer until the ducks are tender. Strain the sauce the ducks were cooked in, and thicken with one tablespoonful of flour. Put the ducks on a deep platter and pour the sauce over them.

The best dressing for a goose is mashed potatoes seasoned with sage and onion juice. Serve with apple sauce.

As ducks are better to be eaten rare, an onion cut in two and placed in the duck is better than to have a

dressing. Just before serving, however, they may be filled with hot mashed potatoes. Serve either with apple sauce or currant jelly.

### TURKEY À LA CRÊME.

Heat one cupful of milk, and stir into it a thickening made by rubbing together one teaspoonful of flour and one teaspoonful of butter ; when it is perfectly smooth put into it the white meat of cold roast turkey. Then season with half a teaspoonful of salt, half a teaspoonful of white pepper, and a little nutmeg. When the meat is hot, stir in a cupful of whipped cream. Serve at once.

### PRESSED CHICKEN.

Joint the chicken the same as for a fricassee. Skin the feet, and put in the bottom of the saucepan to extract the gelatine ; then place the jointed fowl on top and simmer in a small quantity of water until tender. Take out the bones and separate the white meat from the dark. Throw away the feet ; mince the liver, heart, gizzard, and skin ; make a dressing of stale bread crumbs, and season with salt, pepper, and butter, after mixing with the minced liver, etc., and moisten with the water in which the chicken was boiled. Arrange the large pieces around the sides and on the bottom of a pudding dish, alternating the light and dark meat ; then put in a layer of dressing, and then a layer of small pieces of meat, and so on until the dish is full. Remove the fat from the water in which the chicken was boiled, and dissolve a small tablespoonful of gelatine in it, and pour boiling hot over the chicken. Put a plate on top with a heavy weight on it, and when

perfectly cold, turn out and cut in slices on the table. In winter it will keep a week. Decorate with parsley.

H. B. W.

### CHICKENS' TIMBALS.

Chop white meat (before being cooked) of two chickens to a paste, take one pint of thick cream and thicken a little with rice flour, season the chicken with salt, white pepper, and mace, and stir all into the thickened cream, beating it well. Just before putting into cups, stir into the mixture the white of one egg. Fill the cups (small ones) nearly full, set them into a pan of water, and let them boil for one hour on top of range. When done turn out of cups on to small plates, one on each plate, or turn them on to a platter, and dress with white sauce. A delicious dish for lunch parties.

Mrs. Julius Catlin.

### JELLIED CHICKEN.

Wash carefully a chicken weighing about three pounds, put it in a kettle and cover with cold water, season with pepper and salt; put it on the fire where it will heat slowly to the boiling point. When it boils skim carefully, and then place it where it will just simmer, until the meat slips easily from the bones. Remove the chicken and cook the broth until it is reduced to one quart. Take from the fire and strain; when cold remove every particle of fat, return the liquor to the fire and add one clove, one slice of onion, a small piece of mace, a stalk of celery, and the white and shell of an egg; boil thirty minutes, and strain on half a box of gelatine which has been soaking two hours in half a cup of cold water. A glass of



sherry may be added, but it is not necessary. Cut the chicken into strips, have two hard boiled eggs and a lemon cut into thin slices, cover the bottom of a mould with the chicken liquor, which has been strained again through a napkin. When it is firm arrange a layer of the chicken on the jelly, cover with more liquor, and when that is firm put in a layer of the egg and lemon, cover with the liquor again, and proceed until all the chicken is used; pour the liquor that remains over the whole and set away to cool. When ready to serve put it on a flat dish and garnish with parsley or the tips of celery.

#### A GOOD DRESSING FOR A ROAST CHICKEN.

Two cupfuls bread crumbs, one slice of onion, and a very small stalk of celery, chopped fine, a pinch each of sage and savory, salt and pepper, three tablespoonfuls of butter, and a beaten egg. It can be used for roast turkey, using a double quantity.

#### FOR BOILED FOWLS.

Two cupfuls bread crumbs, seasoned with salt and pepper, two tablespoonfuls of butter, and half a pint of raw oysters. Serve with an oyster sauce. Boiled turkey is very nice served with a chestnut sauce. (See Sauces.)

#### TO STEW PIGEONS (DUTCH).

Cut six pigeons into quarters, and put all their giblets with them into a stewpan, a piece of butter, a little water, a bit of lemon peel, two blades of mace, a little chopped parsley, salt, and pepper. Cover the pan

closely, and stew them till they are tender; thicken the same with the yolk of an egg beaten up with three tablespoonfuls of cream, and a very small piece of butter dusted with flour. Let them stew ten minutes, and serve.

#### TO ROAST PIGEONS (DUTCH).

Cut thin slices of fat bacon, and tie over the breasts. When nearly done, remove the bacon, and dredge well with flour, pepper, and salt. Baste with a little melted butter. They may be stuffed or not, as you like. Will roast in about half an hour. Make a gravy with the giblets, mixed with parsley, seasoned with pepper and salt, and thickened with a little flour and butter.

#### BROILED SQUABS.

Broil the squabs, split them, and lay insides together on large croutons. Garnish with strips of croutons, sprigs of parsley, and lemons cut in quarters.

Croutons are made by putting bread cut into any shape or size required into a kettle of boiling fat, and frying until a delicate brown. Then skim out and put on a napkin to drain until ready for use.

#### STEWED PARTRIDGES (DUTCH).


Truss two partridges; chop the livers with double their weight of bacon, add one cupful of bread crumbs, a sprig of parsley, salt and pepper, the grated peel of half a lemon, a little mace; moisten with stock. Fill the birds with the mixture, put in a saucepan, and cover with stock; add one onion, a blade of mace, and a bunch of sweet herbs. Stew gently until tender.

Take out the birds, thicken the sauce with flour and butter, and strain over the birds.

### ROAST PARTRIDGES.

Lard the breasts, and dredge well with flour. Make a dressing of chopped celery, seasoned with pepper and salt. Roast thirty minutes. The celery must be chopped *very fine*.

### REED BIRDS.



Have as many slices of toast as birds. Butter the toast, and lay it in the bottom of a baking pan. Cut slices of salt pork as thin as possible, and lay one over the breast of each of the birds, which have been split as for broiling. Place a bird on each of the slices of toast, and roast for ten minutes in a hot oven. Serve on the toast.

### CURRIED DUCK.

Cut two ducks as for fricaseeing, wash them clean, and put into a saucepan, with as little water as will cover them, add salt and pepper, and cook until tender, keeping closely covered all the time, skim carefully, put four tablespoonfuls of butter in a saucepan, and when melted add two large onions sliced, fry until brown. Remove the ducks from the saucepan when tender, and fry in the butter and onion, add to them while frying three tablespoonfuls of curry powder. When thoroughly brown pour in the liquor from the saucepan and stew all together half an hour. Improved by adding the juice of a lemon. Serve with boiled rice. Chicken may be cooked in the same manner.

**BROILED COLD MEAT.**

A good way to use slices of rare cold mutton or beef is to spread them lightly with butter, then with a little mustard and catsup. Season with salt and cayenne, and broil. Serve very hot.

**BARBECUED HAM.**

Cut slices of cold ham, and fry in their own fat. When they are done take out of the pan and arrange on a hot platter. Keep warm while you add a teaspoonful of made mustard, a pinch of pepper, a salt-spoonful of white sugar, and three tablespoonfuls of vinegar. Mix these well together, and stir into the gravy. Heat all to a boil and pour over the ham; let it stand covered a minute before serving.

## • • Vegetables. • •

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### STUFFED TOMATOES.

Choose large smooth tomatoes ; cut a slice off from the top, scoop out the pulp, taking care not to break the tomato. Mix the pulp and juice with bread crumbs, salt, and cayenne pepper, a teaspoonful of onion juice, and a little butter. Mix all together. Fill each tomato, put on the tops, and bake. Serve hot, garnished with parsley. A little salt pork chopped very fine can be added to the filling.

### STUFFED TOMATOES. No. 2.

Select smooth, even-sized tomatoes ; take a slice off the top. Remove the ripe interior into a bowl, to which add, to a dozen tomatoes, the chopped yolks and whites of six hard-boiled eggs and the picked meat of one small lobster. Dress with a mayonnaise, and refill the shell with the mixture.

### BROILED TOMATOES.

Cut the tomatoes into slices a quarter of an inch thick, season with salt and pepper, spread with butter, and sprinkle them thickly with bread crumbs. Broil in a double broiler until a light brown. Serve on a hot dish.

## ESCALOPED TOMATOES.

Put in a buttered baking dish a layer of bread crumbs seasoned with bits of butter, then a layer of sliced tomatoes seasoned with pepper, salt, a little sugar and bits of butter, then a layer of crumbs, and so on until the dish is full, finishing with the crumbs. On each layer put a little chopped onion, two heaping teaspoonfuls will be enough for a two-quart dish, but it must be *finely* chopped. Bake from an hour to an hour and a half, according to your oven. It must not be watery, and must be thickened more by baking than bread crumbs. Use dried and sifted bread crumbs.

H. B. W.

## ASPARAGUS AU GRATIN.

Boil a bunch of asparagus for ten minutes, drain off the water, and lay the asparagus in a baking dish. Pour over it one cupful of cream sauce, grate Parmesan cheese over it, season with pepper and salt, shake two tablespoonfuls of bread crumbs over the top, and cut into bits one tablespoonful of butter, dot the bread crumbs with it, and bake in a hot oven ten minutes.

## BOILED ASPARAGUS.

Scrape and wash a bunch of asparagus, cut off the tough ends, boil in salted water until tender, drain and lay on toasted bread. Serve either with a cream sauce or melted butter.

## ESCALOPED ONIONS.

Boil small white onions until tender, drain off the water, and put in an escalop dish. Dissolve a table-

spoonful of cornstarch in a little cold milk, have a quart of milk over the fire in a double boiler; when hot stir in cornstarch and a piece of butter the size of an egg. As soon as it begins to thicken, remove from the fire, salt and pour over the onions, filling the dish; cover the top with rolled and sifted bread crumbs, and bake about fifteen minutes.

H. B. W.

### ONION IN STOCK.

Peel and fry a dozen small white onions in a table-spoonful of butter until a light brown, then cover with half a pint of stock, salt, pepper, and a little mace; simmer for one hour. Serve very hot.

### STUFFED ONIONS.

Select onions of equal size, and boil for one hour; take out the heart, and fill the onion with bread crumbs, seasoned with salt and pepper, and moistened with a little cream; put a small piece of butter on the top of each onion, sprinkle with crumbs, and bake one hour. Serve with cream sauce. Or they may be filled with any kind of chopped meat, seasoned and mixed with beaten egg.

### CREAMED POTATOES.

Cut cold boiled potatoes into dice, and serve in cream sauce.

### BROILED POTATOES.

Cut cold broiled potatoes into slices lengthwise, dip in melted butter, and broil in a double broiler.

## LYONNAISE POTATOES.

Fry in butter one onion, chopped fine; when brown add a quart of cold potato cut in dice, stir with a fork, and when well browned drain. Serve in a hot dish with chopped parsley over them.

## MASHED POTATOES.

Pare and boil in slightly salted water, mash fine and light, season with salt and pepper, and moisten with a little hot milk; beat with a fork and serve in a hot dish.

## FRIED POTATOES.

Pare and cut into strips as nearly the same size as possible, dry in a clean towel, put in a frying basket and fry in hot fat ten minutes. Drain thoroughly, and salt just before serving.

## STUFFED POTATOES.

Cut one end of the potato off so that it will stand firmly, then cut the other partly off, bake until soft; then remove the potato from the shell with a fork, mix with a little hot milk, butter, and salt, beat well; fill the shells heaping full, and put back into the oven to brown. Or they may be split lengthwise, and after being filled spread with the beaten white of an egg.

## CAULIFLOWER.

Wash and trim off the green leaves, cover with boiling water, to which add one teaspoonful of salt and the juice of a lemon. Boil slowly for an hour, drain, taking care not to break it, and serve with cream



sauce. Or it may be cooked in salted water for one hour, and then baked in a cream sauce; cover the top with fine bread crumbs and grated cheese. Bake until the top is brown.

### STEWED CELERY.

Cut the celery into inch pieces, cook in salted water until tender, drain off the water, and serve in cream sauce.

### SPINACH.

Wash the spinach very carefully, changing the water often; cover with boiling water, salted, and boil until tender, drain off all the water, and chop very fine. Melt in a saucepan two ounces of butter, and stir into it two ounces of flour; when smooth add half a pint of cream, a little nutmeg, salt, and pepper, then add the spinach, and cook one minute; garnish with slices of hard-boiled eggs.

### CARROTS.

Wash and scrape, cut into dice, boil in salted water until tender, drain, and serve with cream sauce.

### FRIED PARSNIPS.

Scrape, and boil in salted water until tender, slice lengthwise, dredge with flour, and fry in butter. They may be served in cream sauce.

### BOILED CABBAGE.

Chop the cabbage, boil until tender in salted water, drain off the water and add a little milk, a little butter, salt, and pepper. Boil up once and serve.

**BAKED CABBAGE.**

Boil for twenty minutes, then change the water and boil until tender, drain very carefully, and when cold chop fine. To one quart of chopped cabbage add two well beaten eggs, an ounce of butter, and half a cupful of cream or milk; salt and pepper. Mix together and bake in an escalop dish for fifteen minutes.

**BAKED CORN.**

One quart of corn cut from the cob, one quart of milk, four eggs, one tablespoonful of butter, salt and pepper to taste; butter an escalop dish, and bake three-quarters of an hour. Canned corn may be used in this way.

**BAKED HOMINY.**

One cupful cold boiled hominy, one cup milk, two eggs (beaten separately), a small bit of butter, and a little salt; work the hominy and milk thoroughly together, so that it shall be free from lumps; then add the eggs, and bake until the custard is set. Do not overbake.

A. L. W.

**FRIED EGG PLANT.**

Peel and cut in slices about half an inch thick, dip in beaten egg, and roll in bread crumbs which have been salted; fry in hot fat, and drain carefully.

**SALSIFY.**

Scrape and lay in cold water that has a little vinegar in it. This prevents it turning black. Cut in small pieces and boil until tender. Serve with cream sauce.

**FRICASSEE OF FRENCH BEANS (DUTCH).**

Boil one quart of beans till soft ; strain off the water, put them in a sauce pan with half a pint of cream, a little salt, and grated nutmeg ; sprinkle over a little flour, and let them stew ten minutes.

**BEETS.**

Beets should be washed very clean, but never cut, and boil from one to three hours. When they are tender, drain and dip them in cold water ; the skins will then come off very easily. Cut in slices, serve with salt and a little melted butter poured over them.

**CORN CAKES.**

Mix one pint of grated green corn with three tablespoonfuls of milk, one cupful of flour, one-fourth of a cupful of butter, one teaspoonful of salt, half a teaspoonful of pepper, one egg. Drop by spoonfuls in hot lard.

**BOILED RICE.**

Wash a cupful of rice in three waters, cover with plenty of boiling water, to which add a teaspoonful of salt ; boil for twenty minutes, drain off all the water, cover tightly, and set on the back of the stove for half an hour longer ; boil in a double boiler. The water must be boiling in the under boiler all the time.

A rice border is made either with the rice boiled in the above manner and then put in a border mould, or there may be added eggs and butter. In that case cook longer, and after putting the rice in the mould let it stand in the warm closet fifteen minutes.

## MACARONI.

Boil the macaroni twenty minutes in plenty of water with salt and pepper ; melt two tablespoonfuls of butter in a frying-pan and then add two level tablespoonfuls of flour ; stir until it browns, then add gradually a cupful of strained tomato and a cupful of stock. If you have no stock use a teaspoonful of beef extract dissolved in a cupful of boiling water. Let the sauce boil for five minutes, season with salt and pepper ; put a layer of macaroni in the bottom of a baking dish and pour on a little of the sauce ; repeat until all the macaroni is used. If any sauce is left, pour over and sprinkle thickly with Parmesan cheese. Bake twenty minutes in a hot oven.

## MACARONI AND CHEESE.

Break into inch pieces half a pound of macaroni, and cover it with boiling water ; add salt, and boil for thirty minutes. Pour off the water, and put the macaroni into a buttered dish. Pour over it half a pint of cream sauce, and sprinkle over the top a cupful of grated cheese and half a cupful of bread crumbs. Bake for half an hour in a moderate oven.

The macaroni may be boiled as in the above receipt, and served either with a cream or tomato sauce.

## SPAGHETTI.

Spaghetti is usually cooked unbroken. Put into boiling water, and gradually bend (as it softens) until it is covered with water. Boil until tender, and serve the same as macaroni, with any of the above sauces.

## SPAGHETTI.

Boil one pound of spaghetti in plenty of salted water until tender. Peel and chop fine two small onions; put them in a saucepan, with four tablespoonfuls of oil; when brown add one quart of tomato sauce, salt and pepper, and a little nutmeg. Add the spaghetti, and set it where it will simmer for half an hour. Serve hot.

Another way to prepare the spaghetti is to boil and then serve with a cream sauce, into which stir Parmesan cheese, a little grated nutmeg, and four tablespoonfuls of oil.

## BOSTON BAKED BEANS.

Pick over and put to soak three pints of beans, early in the morning. After noon put the beans over the fire in cold water, and at the *first boiling* pour off the water and add cold; repeat three times. At the *third boiling* remove from the fire, and put the beans into a stone crock, with three tablespoonfuls of molasses and a small piece of salt pork. Cover with boiling water, and place in the oven to bake all night. Keep the beans covered during the evening with hot water.

H. B. W.

## PARSNIP FRITTERS.

Boil parsnips in salted water until tender, mash, and add to four or five parsnips a heaping teaspoonful of flour, two well beaten eggs, salt, and pepper. If the parsnips are small, one egg will be sufficient. Mix thoroughly and shape into cakes about an inch thick; fry on both sides in hot butter. Serve at once.

## • • Sauces and Entrees. • •

### HOLLANDAISE SAUCE.

(From "First Principles of Household Management and Cookery." Copyright 1879 and 1882, by Maria Parloa.)

One-half teacupful of butter, juice of half a lemon, yolks of two eggs, a speck of cayenne pepper, one-half cupful of boiling water, one-half a teaspoonful of salt; beat the butter to a cream, then add the yolks one by one, then the lemon juice, pepper, and salt. Now place the bowl in which is the mixture in a saucepan of boiling water, beat with an egg-beater until it begins to thicken, then add the boiling water, beating all the time. As soon as it is like a soft custard it is done. This sauce should be poured around meat or fish when it is on the dish.

### MAITRE D' HOTEL BUTTER.

Rub to a cream two tablespoonfuls of butter, and gradually add the juice of half a lemon, one sprig of parsley, chopped fine, pepper, and salt. Spread thin over any kind of boiled fish or meat.

### TARTAR SAUCE.

Add to half a pint of mayonnaise one teaspoonful of mustard, then chop fine a cucumber pickle, two tablespoonfuls of capers, quarter of an onion, and one sprig

of parsley. A delicious sauce for fried chickens, fish, or oysters; or can be used as a dressing for a salad.

### BREAD SAUCE FOR GAME.

(From "First Principles of Household Management and Cookery." Copyright 1879 and 1882,  
by Maria Parloa.)

Two cupfuls of milk, one cupful of dried bread crumbs, one-quarter of an onion, two tablespoonfuls of butter, salt, and pepper. Dry the bread in a warm oven, and then roll into rather coarse crumbs; now sift them, and the fine crumbs which come through the sieve, and which make about one-third of a cupful, put on to boil with the milk and onion; boil ten or fifteen minutes, then add one tablespoonful of butter and the seasoning, skim out the onion. Fry the coarse crumbs a light crisp brown in one tablespoonful of butter, which must be *very hot* before the crumbs are added, stir over a hot fire for two minutes, being careful not to burn. Cover the breasts of roast birds with these, and serve the sauce poured around the birds or in a gravy dish. The sauce is very nice with either a little powdered mace, or a piece of mace cooked with the onion and removed with the onion.

### SAUCE FOR GAME.

One glass of currant jelly, one glass of sherry, put over the fire until the jelly is thoroughly melted; serve hot. Port may be used instead of the sherry.

### POULETTE SAUCE.

One pint of cream sauce, the juice of half a lemon, one tablespoonful of finely chopped parsley, a little

mace, a bay leaf, two cloves, and two slices of onion. Simmer gently for half an hour, and strain before using.

### PARISIENNE SAUCE.

Put a bay leaf, six sprigs of parsley, a sprig of sweet marjoram, two cloves, and half a pint of chopped truffles in a saucepan, add half pint of Sauterne, stand it on the fire, and boil gently until reduced one-half, then strain and return to the fire, stir in slowly a gill and a half of stock, thicken with one tablespoonful of flour, season with pepper and sauce. Serve with fish or game.

### A SIMPLE SAUCE.

A very simple sauce is made by using one tablespoonful of beef extract, one clove, a sprig of parsley, a bay leaf, one slice of onion, one teaspoonful of butter, one of flour, and half a pint of water, salt, and pepper. Fry the onion in the butter until brown, add the flour when perfectly smooth, the water, then the seasoning with the beef extract; boil all together for ten minutes. Strain and serve.

### CLARET SAUCE.

Make a simple brown sauce and add a cupful of claret, half a glass of currant jelly, two cloves, a sprig each of parsley and thyme, one bay leaf, salt and pepper; mix all together except the claret; boil for ten minutes, add the claret, boil up once, and strain. Very nice for game and venison.

### ROBERT SAUCE.

One pint of stock, a wine glass of sherry, one onion,



one tablespoonful of butter, one tablespoonful of flour, salt and pepper, and two teaspoonfuls of mustard. Cut the onion in small pieces and fry in the butter until it begins to color ; then add the flour, stir until smooth and brown, gradually add the stock and wine and other ingredients ; simmer for ten minutes. Strain and serve.

### TOMATO SAUCE.

One tablespoonful of butter, one slice of carrot, one of onion, a sprig of celery and one of parsley, all chopped fine, half a bay leaf, two peppers, four cloves, a sprig of thyme, and a tablespoonful of minced ham. Fry all together in the butter fifteen minutes, stirring often to prevent burning. In another saucepan put one tablespoonful of butter, and add two tablespoonfuls of flour, add the fried mixture and fry all together until thoroughly brown. Now add a quart of tomatoes, either fresh or canned. Let the whole cook together for five minutes ; season with salt and pepper. Strain and serve.

### CREAM SAUCE.

Put a tablespoonful of butter in a saucepan, add a tablespoonful of flour, and when thoroughly mixed add a pint of milk. Let the whole boil, stirring constantly for five minutes. If to be used for fish, have two slices of onion chopped very fine, and put in just before pouring over the fish.

### TO MAKE A ROUX.

Melt in a saucepan one ounce of butter, and add two even tablespoonfuls of flour, stir until perfectly

smooth, then pour in slowly one pint of milk. This makes a foundation for any kind of cream sauce.

To make a *brown roux*, allow the butter and flour to brown, and add one pint of soup stock. This will be found a very simple brown sauce, and by the additional spices, vegetables, wines, etc., an endless variety of richer sauces may be made.

#### MINT SAUCE.

Use the tender tips of the mint, have it chopped fine, and allow to a cupful of mint one cupful of sugar and half a cupful of vinegar. It should stand one hour before using.

#### SAUCE FOR MACARONI.

Put a piece of butter the size of an egg in a saucepan ; melt, and add one tablespoonful of sifted flour, but do not allow it to brown. Stir until smooth, and add gradually half a pint of boiling water, salt and pepper; stir constantly until smooth and the consistency of soft custard. Remove from fire, and add gradually the beaten yolks of two eggs. Return to the fire for a minute, but do not allow to boil. Again remove, and add half a can of French mushrooms previously parboiled and chopped, also two-thirds of a cup of Gruyère cheese. Boil twelve sticks of macaroni twenty-five minutes in two quarts of water, with one tablespoonful of salt. Drain, put on a hot dish, pour over the sauce, and serve immediately.

#### TOMATO SAUCE FOR MACARONI.

Put two tablespoonfuls of butter into a saucepan ;

when melted, add a small onion, sliced, and two sprigs of parsley, chopped, and a little pepper. Cook this five minutes, then add a large tablespoonful of flour, and a little stock. If you have no stock use boiling water, and stir well, and cook ten minutes longer. Now add a large cup of cooked and strained tomatoes, and stir all together. Place alternate layers of boiled macaroni and sauce on a hot dish, pouring sauce over last, and leave the dish in the oven for five minutes before serving. H. B. W.

### CHESTNUT SAUCE.

Shell six ounces of French chestnuts, and throw into boiling water, and let them simmer for two or three minutes ; then put into cold water, and rub off the dark skins. Put them in a pint of white stock, with a strip of lemon peel, and cook slowly for an hour. Rub through a sieve, and add a little cayenne and mace, and one cupful of cream. Salt to taste. Serve with either roast or boiled turkey.

### CURRY SAUCE.

Melt one tablespoonful of butter, and when hot put in one small onion, chopped fine. Fry until brown, and then add three tablespoonfuls of curry powder and one of flour. When smooth, pour in gradually one pint of white stock. Boil up once. Strain, and serve.

### CRANBERRY SAUCE.

One quart of cranberries, one pint of water, and one pint of sugar. Put the berries with the water and sugar in a porcelain-lined kettle, and cook for half an

hour without stirring. Then pour into moulds. Or it can be strained through a sieve, and then put into moulds. It will then be a jelly.

### APPLE SAUCE.

Pare, core and quarter sour apples ; stew until tender with just water enough to cover them; when soft, rub through sieve, and sweeten to taste.

Another way is to make a syrup of sugar and water, and cook the apples in it until tender, taking care not to break them. Slices of lemon may be cooked with the apples.

### MUSHROOM SAUCE.

One can of French mushrooms, two cupfuls of stock, one pint of tomatoes, three tablespoonfuls of flour, four tablespoonfuls of butter, eight cloves, half of a small onion, two tablespoonfuls of sherry, salt and pepper. Boil the tomatoes, onion, cloves, and a small pinch of soda twenty minutes, and strain. Melt the butter in a saucepan, and add the flour ; cook until quite brown, then add the stock and the strained tomato, and the mushrooms, which must have been previously parboiled, and cook five minutes. Add the sherry, and pour over a nice steak or fillet of beef.

H. B. W.

### CODDLED EGGS.

Put the eggs in a deep dish, and cover with boiling water, and let them stand ten minutes, without boiling, in a hot place.

## BAKED EGGS.

Break the eggs into a buttered platter. Salt and pepper them lightly, and sprinkle with fine bread-crumbs. Bake until the whites have set.

## BAKED EGGS.

Eight or ten eggs, a cup of milk, a heaping tablespoonful of butter, one tablespoonful of flour, salt and pepper, and a teaspoonful of parsley; melt the butter, then add the flour, and stir until smooth, gradually add the milk, then the seasoning, and let the mixture come to boiling point. Put the sauce in a deep earthen dish (egg plate or pie plate). Drop the eggs carefully into the sauce, and bake until the whites are set, about five minutes. Serve at once in the dish in which they are cooked.

H. B. W.

## SCRAMBLED EGGS.

One tablespoonful of butter, six eggs, half a cupful of milk, salt and pepper. Melt the butter in the saucepan; add the milk, pepper, and salt. Break the eggs into the milk, and stir constantly until the eggs are sufficiently cooked. Serve hot.

Eggs to be boiled soft require three minutes; medium, four and a half; hard, five minutes. For salad or slicing, or to eat as hard boiled eggs, twenty minutes is the proper length of time.

## PLAIN OMELET.

Break four eggs and beat thoroughly with a fork; add one tablespoonful of milk and a little salt. Have an omelet pan very hot and put in a tablespoonful of

butter—care must be taken not to burn the butter—pour in the omelet, and as it sets remove the pan from the hottest part of the stove. To prevent its sticking to the pan slip a knife under, and when it is firm slant the pan and fold the omelet together. Serve immediately.

An endless variety of omelets may be made by using the above receipt and just before folding adding whatever is desired—chopped ham or chicken, grated cheese, chopped parsley, onions, mushrooms or asparagus tops. Jelly may be spread on it and then folded. A rum omelet is made in the same way. When ready to serve sprinkle with sugar and pour over it a wine glass of rum, to which touch a lighted match and serve while burning.

### CREAMED EGGS.

Boil three eggs twenty minutes. Toast four slices of bread and cut into points. Chop the whites of the eggs and add them to one cupful of cream sauce. Pour the sauce over the toast and rub the yolks through a strainer over the whole. Garnish with parsley.

### A FONDU OR CHEESE SOUFFLÉ.

Take two ounces of flour and mix it with enough milk to make a smooth paste. Stir this with a pint of boiling milk and cook for eight minutes; add two tablespoonfuls of butter, stir well, and then add the well-beaten yolks of four eggs. Remove from the fire and stir in three ounces of grated cheese. Season with salt and cayenne. Have a soufflé dish well but-

tered. Stir in the whites, which must be beaten to a stiff froth, and bake twenty minutes. Serve immediately.

### WELSH RAREBIT.

Break one-quarter of a pound of new rich cheese in small pieces, put it with half a cupful of ale in a chafing dish or saucepan; when the cheese is melted, stir into it one egg well beaten, one teaspoonful of mustard, salt, cayenne pepper, and one teaspoonful of butter; stir constantly. Let it thicken, but be careful that it does not curdle. Spread on slices of toast and serve instantly.

### WELSH RAREBIT.

Cut bread into even slices, remove the crust, and toast very carefully. Cut into small pieces, rich, new cheese, and melt in a saucepan; when thoroughly melted, spread on the slices of toast, and sprinkle a little cayenne pepper over them. Serve immediately.

### CHEESE FINGERS.

A little left over pie paste (this being a good way to dispose of cuttings after making pies), roll out thin, cut in narrow strips, sprinkle with grated cheese, add pepper and a little salt; double over, pinch down the edges, and bake in a hot oven; before taking them from the oven, glaze with the white of an egg, and over this sprinkle a little grated cheese; put back in oven long enough to melt, and serve immediately. Garnish with parsley or with celery tops.

### CHEESE WITH CRACKERS.

Butter milk-crackers slightly, spread over them dry,

grated cheese, or if soft cheese is used spread it over the top of the butter. Put two crackers together, the cheese inside, and place in the oven until the crackers are delicately browned.

### CHEESE SANDWICHES.

Make the cheese into a paste with a little cream or melted butter, add made mustard, salt and pepper, spread on thin slices of bread and put together.

### CHEESE STICKS.

Make a pastry of one quart of flour, one cup of butter, three tablespoonfuls of lard, one and one-half cups of ice water, and one teaspoonful of salt. Roll out thin and flat. Mix one cup of grated cheese, one teaspoonful of salt, one saltspoonful of cayenne pepper, and shake over the pastry. Fold the pastry over; roll out again; cut in long narrow strips about three-quarters of an inch wide, and seven or eight inches long. Bake until lightly browned, and serve hot. Serve with celery. They can be re-heated.

H. B. W.

### FRENCH DRESSING.

One tablespoonful of vinegar, three tablespoonfuls of olive oil, one saltspoonful of pepper, one saltspoonful of salt, a slice of onion laid on a small bit of bread, long enough to absorb a little juice for the flavor. Put the bread in with the vinegar and oil, which dissolves it, so that you would not know the bread had been put in. Pour the oil, mixed with salt and



pepper, over the salad ; mix them together, then add the vinegar, and mix again.

H. B. W.

#### FOR CHICKEN SALAD.

Mix four tablespoonfuls of vinegar, two of oil, one teaspoonful of salt, and one-half a teaspoonful of pepper. After the chicken is cut up in dice about half an inch square, mix this dressing with it, and let it stand in a cold place two or three hours. Add the mayonnaise and celery just before serving.

French Dressing, No. 2.—One tablespoonful of vinegar, three tablespoonfuls of olive oil, one teaspoonful of onion juice, and salt and pepper. Mix the salt and pepper with the oil and onion juice and then stir in the vinegar. Lemon or lime juice may be used instead of the vinegar.

#### MAYONNAISE.

Put the uncooked yolk of an egg into a bowl ; beat it well with a silver fork or a second size Dover egg-beater ; then add one saltspoonful of dry mustard ; work them well a minute before adding the oil ; then mix in a little oil, which must be poured in very slowly (a few drops at a time) at first, alternated occasionally with a few drops of vinegar. When it begins to have the appearance of jelly, alternate a few drops of lemon-juice with the oil ; add cayenne pepper, and salt, and one and a half teaspoonfuls of good vinegar. Taste it to see if properly seasoned. Be careful not to use too much cayenne. By beating the egg a minute before adding the oil, there is little danger of curdling. It is much better to place the bowl in broken ice, with a little water, while beating the

mayonnaise. A cup of whipped cream, added the last thing, is a great improvement.

### CREAM SALAD DRESSING.

(Live and Learn.)

One cupful of sweet cream, two tablespoonfuls of sugar, one teaspoonful of mustard, a little cayenne and salt. Mix the dry ingredients together, add the cream, stirring about three minutes ; then add half a cupful of vinegar.

### BOILED SALAD DRESSING.

Rub together three tablespoonfuls of vinegar, one tablespoonful of butter, half a teaspoonful of salt, and a saltspoonful of mustard ; place in a bowl in a saucepan of hot water and stir until hot ; then add two well-beaten eggs and cook until as thick as a custard, stirring all the while ; remove from the fire and add one cupful of cream.

Almost all kinds of cold vegetables can be used to make salads by using any of the salad dressings.

Lettuce, cucumbers, and radishes, with a French dressing.

Sliced cucumbers and sliced new onions, French dressing.

Cabbage is sliced fine and sprinkled with salt and pepper, and served with either a mayonnaise or French dressing.

Salmon, with a mayonnaise.

Tomatoes with lettuce, mayonnaise or French dressing.

In making a tomato salad remove the skin from the tomatoes and put them in the ice chest, where they

will be very cold. Arrange some leaves of crisp lettuce on a flat dish, place the tomatoes on it, and cover each tomato with mayonnaise.

The salads of vegetables are better served with the French dressing. Cut them in small pieces.

### SALAD OF SALMON.

Buy a slice of salmon four inches thick, about a foot from the tail, fold in a cloth and put in a kettle of cold water with a tablespoonful of tarragon vinegar and a little salt. After it begins to boil cook slowly for fifteen or twenty minutes. Remove from the kettle and set it where it will cool; when cold remove the skin and place the fish in a deep platter, surround it with fresh white lettuce leaves, sprinkle with tarragon vinegar, cover with mayonnaise dressing, and decorate with capers, pitted olives, hard boiled eggs cut in quarters, and lemons cut in the same way.

### CHICKEN SALAD.

One pound of the white meat of chicken cut into small pieces. Put in a bowl, and mix with it thoroughly two tablespoonfuls of oil, one of vinegar, pepper and salt; add three-quarters of a pound of celery cut into half-inch pieces, or the hearts and tender leaves of four heads of lettuce, chopped fine, or part celery and part lettuce, as preferred. Place on a salad dish, and cover with mayonnaise. Garnish with cold-boiled eggs, the leaves of lettuce or celery, or with olives.

### POTATO SALAD.

Chop fine, or cut into dice or slices, twelve cold-boiled potatoes; add a minced onion. Put in a bowl

four tablespoonfuls of oil, two of vinegar or lemon juice, salt and red pepper. Mix well together, add the potatoes and onions, and garnish with parsley ; or French dressing may be used. Cold-boiled beets cut fine, and cold celery sliced thin, may be added.

### ASPARAGUS SALAD.

Cut cold, boiled asparagus into small pieces Put it in a salad dish, and pour over it any salad dressing preferred.

### LOBSTER SALAD.

Cut the lobster in inch pieces, and mix with a mayonnaise ; remove the hearts of lettuce heads, arrange in a dish, and in the center of the lettuce place the lobster. Fresh or canned shrimps may be used in the same way.

### SWEETBREAD PATTIES.

Take three large sweetbreads that will weigh each about half a pound, pull off all the tough skin and put them in cold water for ten minutes; boil twenty minutes, and when cold cut into dice. Beat the yolks of four eggs, and mix with half a pint of cream, and when hot (must not boil) add the sweetbreads, salt, and pepper ; as soon as heated through add one and a half tablespoonfuls of sherry. Put into the patty shells and serve at once.

H. B. W.

### OYSTER PATTIES.

One pint of small oysters, half a pint of cream, and the yolks of four eggs ; beat the yolks of the eggs, add

to the cream and put in a saucepan, simmer until it begins to thicken, season with salt and pepper; while the cream is cooking let the oysters boil for an instant in their own liquor, skim them and put them in the cream, but without a drop of the oyster liquor. Fill the patty shells and serve. This is enough for eighteen shells, or fill twelve shells and use the extra filling as a sauce.

H. B. W.

### HAM CROQUETTES.

Three teacupfuls of chopped (boiled) ham, one teacupful of milk, one tablespoonful of flour, one tablespoonful of mashed potato, one tablespoonful of Worcestershire sauce, one heaping teaspoonful of *finely* chopped onion; pepper and salt. Cook the milk and flour and mix with the other ingredients; then place where it can be chilled to thicken enough to shape.

H. B. W.

### CHICKEN CROQUETTES.

Two large sweetbreads, one boiled chicken, one pint of cream, half a cupful of butter, one large tablespoonful of flour, one tablespoonful of onion juice, one tablespoonful of chopped parsley, one teaspoonful of mace, the juice of half a lemon, two eggs, and two tablespoonfuls of Worcestershire sauce; salt and pepper to taste. Let the sweetbreads stand in boiling water five minutes. Chop very fine with the chicken, and add seasoning. Put the butter in a saucepan with the flour, and, when it bubbles, add the cream gradually, then the chopped chicken and sweetbreads, and stir until hot. Remove from the fire, add the lemon

juice, and set in a pan of ice and salt to chill and thicken. Before it is chilled it should be thin enough to *pour*. Salt and pepper; rolled and sifted bread-crumbs. Shape the mixture, dip in beaten egg, then in the crumbs, and fry in wire basket in boiling fat.

H. B. W.

### OYSTER CROQUETTES.

One pint of oysters chopped, two sweetbreads weighing one-half pound each, parboiled and cut in small pieces, two tablespoonfuls of cream, a small tablespoonful of salt, and half a teaspoonful of pepper. Chill until thick enough to shape. Have a large cupful of dried bread crumbs rolled and sifted, and two beaten eggs; dip the croquettes in the egg and roll in the crumbs and fry in a wire basket. H. B. W.

### OYSTER CROQUETTES.

Half a pint of cold boiled veal and two tablespoonfuls of veal suet, chopped *very fine*, and one pint of oysters chopped, two tablespoonfuls of cream, a small tablespoonful of salt, and half a teaspoonful of pepper. Set the mixture in a pan of ice and salt to chill until it is thick enough to shape. Have a large cupful of dried bread crumbs, rolled and sifted, and two beaten eggs; dip the croquettes in the egg and roll in the bread crumbs. Set on the ice until wanted, and then fry in a wire basket in deep fat. A little oyster liquor in some cream, put hot on the dish with the croquettes, makes a nice sauce.

### RICE CROQUETTES.

Cook one-half cup of rice until soft and dry. While hot add one pint of milk, three eggs well beaten, one

tablespoonful of sugar, one of butter, half a teaspoonful of salt, a little nutmeg, and grated lemon peel, stirring constantly. The eggs thicken it as it cools. When cool, shape, roll in beaten egg and bread crumbs, and fry. Serve very hot.

### MEAT CROQUETTES.

Take bits of cold meat or chicken, chop fine and add not quite an equal quantity of bread crumbs, add two beaten eggs, a little milk, and pepper and salt. Shape, roll in egg and crumbs, and fry. They may be seasoned with onion, parsley, lemon juice, or curry powder. Serve with a simple brown sauce.

### POTATO CROQUETTES.

Boil and mash four large potatoes, add to them one tablespoonful of butter, two of cream, salt and pepper, one egg, and a little nutmeg. Roll in egg and crumbs, and fry.

### LOBSTER CROQUETTES.

Chop fine one pint of lobster meat, add half a pint of cream sauce, one egg, cayenne pepper, and salt. When perfectly cold roll in egg and crumbs, and fry.

### FRITTERS.

Two cupfuls of milk, two eggs, a little salt, and one pint of flour. This is a good batter for all kinds of fritters.

There can be added to it one teaspoonful of sugar for fruit fritters, and for oyster, clam, etc., one tablespoonful of lemon juice.

Meats, oysters, and clams are chopped fine, the oysters and clams being thoroughly drained, and then added to the batter.

### FRUIT FRITTERS.

Fresh or canned fruit may be used ; in either case the fruit is greatly improved by sprinkling with sugar, and then pouring rum, brandy, or wine over it, and allowing it to stand an hour or two. Drain carefully before adding the fruit to the batter. They may be served with a sweet sauce.

### APPLE FRITTERS.

Pare and quarter the apples ; dip in the batter and fry. Serve with sugar and nutmeg sprinkled over them.

### BREAD PATTIES, OR SMALL CRÔUSTADES.

Cut very evenly from a firm stale loaf of bread slices nearly an inch and a half thick, and with a plain or fluted cutter press out the number of patties required, taking care not to break them. Now, with a plain cutter, about half the size of the first one, mark out the space which is to be hollowed out. Fry the patties in hot fat until a golden brown ; take them out of the fat and drain very carefully ; take out the rounds which have been marked on the tops and scoop out the inside crumbs, taking care to leave them thick enough. Fill them with any kind of chopped meat, oysters, or lobsters, moistened with cream sauce. Serve very hot on a napkin.



## SAVORY TOASTS.

Cut some slices of bread, free from crusts, about half an inch thick and two and a half inches square, butter, and spread lightly with mustard ; then cover with grated cheese and ham seasoned rather highly with cayenne. Butter a pan and place them in it. Bake in a hot oven for three or four minutes, or until the cheese is dissolved, and they are brown. Serve them very hot.

A rule for making French mustard that will keep indefinitely without moulding is as follows: To one large tablespoonful of ground mustard add half a teaspoonful of salt, one full teaspoonful of sugar and cider vinegar,—enough to mix all these ingredients smoothly. Set on the fire, stirring constantly ; cook three minutes, and allow to cool. It will be found equal to the imported.

## • • Bread. • •

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### YEAST.

Put one dozen hops into a pint of cold water ; boil, and pour it over one cup of grated potatoes, one tablespoonful of sugar, one teaspoonful of salt, and stir till it thickens, but do not let it boil. When cool, put in one cup of yeast, or one yeast cake ; cover, and set it in a moderately warm place to rise. Cork when fermenting has ceased, and keep in a cool place.

O. B. F.

A cake of compressed yeast dissolved in two-thirds of a cupful of water is equal to a cupful of home-made yeast.

### YEAST BREAD.

(From "First Principles of Household Management and Cookery." Copyright 1879 and 1882,  
by Maria Parloa.)

Flour, two quarts ; salt, half tablespoonful ; sugar, half tablespoonful ; lard, half tablespoonful ; yeast, half cupful ; water, nearly three fourths of a quart. Sift the flour into the bread pan ; take out a cupful of it to use in kneading the bread ; then add salt, sugar, yeast, and the water, which must be about one hundred degrees, if in cold weather, and about eighty degrees if in hot weather. Beat well with a strong spoon. When well mixed

sprinkle a little flour on the board, put the dough out on this, and knead from twenty to thirty minutes, and put back in the pan. Hold the lard in the hand long enough to be perfectly soft, rub it over the dough, cover close that neither air nor dust may get in, and set where it is warm. It will rise in eight or nine hours. In the morning shape into loaves or rolls. If loaves, let them rise one hour, where the temperature is between ninety and one hundred; if rolls, let them rise one hour and a half. Bake in an oven that will brown a teaspoonful of flour in five minutes. (The flour used for a test should be put on an old piece of crockery, as it will then have a more even heat.) The loaves will take from forty-five to sixty minutes to bake, and the rolls will bake in thirty, if placed close together in a pan; but, if French rolls are made, they will bake in fifteen minutes. As soon as baked the loaves should be taken out of the pans and put on the table, where they can rest against something until they are cool. They should then be put in a stone pot or tin box, which has been thoroughly washed, scalded, and dried, and set away in a cool, dry place.

#### BREAD.

To one quart of warm milk or water add two teaspoonfuls of salt and two tablespoonfuls of butter. Heat a part of the milk or water hot enough to melt the butter in it, then add the rest, the whole to be lukewarm; add to this two thirds of a cup of home-made yeast, or half a cake of compressed yeast, dissolved in a little lukewarm water. Stir in gradually enough well sifted flour to make a batter that will drop, not pour, from the spoon. Cover with a warm cloth,

and let it rise over night, or, if mixed in the morning, until it is light and spongy. In the morning add flour till it is stiff enough to knead without sticking to the board. Knead half an hour. Cover again, and let it rise till again light and spongy. Then form it in loaves, using as little flour and kneading as little as possible. Set it to rise again, and when risen to the top of the pans, or to twice its bulk, bake.

### GRAHAM BREAD.

One pint warm water, half cup yeast, half cup molasses, one-quarter teaspoonful soda, and one teaspoonful salt. Stir in Graham flour till it is a stiff batter. Let it rise till light, but do not allow it to stand too long, as it spoils the sweetness of the flour. When light, stir down, and put into pans; let it stand twenty minutes before baking. Make this early in the morning, and bake before dinner.

O. B. F.

### PLAIN ROLLS OR BISCUIT.

Into one pint of bread dough work two tablespoonfuls of butter. Knead fifteen minutes, using as little flour as possible. Let it stand three or four hours. Roll out, and cut into round cakes for biscuit, or what is better, cut off bits of the dough and mould them into balls. Put them on buttered tins, prick them with a fork, and let them rise before baking. For a French roll work them into small round balls, and press a knife or spoon on the middle of each. Bake on tins an inch or two apart, giving them plenty of time to rise before baking. Bake twenty or twenty-five minutes. One pint of dough will make twelve of these rolls or biscuit.

## SODA BISCUIT.

One quart of flour, one teaspoonful of salt, one of soda, and two of cream of tartar, two tablespoonfuls of butter, and a cup of milk or water. Sift the flour, soda, and cream of tartar together twice. Rub the butter into the flour thoroughly ; add the milk and mix and roll out as quickly as possible, and bake as quickly as possible.

## BAKING-POWDER BISCUITS.

Baking powder biscuits are made in the same way as the soda biscuit above, sifting into the flour two teaspoonfuls of baking powder instead of soda and cream-tartar.

## SPONGE BISCUIT.

One pint of lukewarm milk, one-half cup of butter, one half cup of yeast, one teaspoonful salt, and flour enough to make a stiff batter. Mix over night. In the morning drop on buttered tins several inches apart. Let them stand a few minutes, and bake in a quick oven.

A. L. W.

## PARKER HOUSE ROLLS.

Take two quarts of flour and rub into it a tablespoonful of lard and a little salt ; put in a deep bread pan and make a hole in the flour, into which pour one pint of cold boiled milk and half a cup of yeast. Cover the pan and let it stand over night ; in the morning stir up and knead well, and set in a warm place to rise ; let it rise to a light sponge, which will take an hour and a half ; then roll it out on a board

half an inch thick, cut with an oval cutter, fold about two-thirds of it, lay them on tin sheets, let them rise an hour, and bake in a quick oven fifteen minutes.

### HUCKLEBERRY CAKE.

Two cupfuls of flour, one teaspoonful of baking powder sifted with the flour, one egg, one cupful of milk, one of sugar, two tablespoonfuls of butter, and one cupful of huckleberries.

### CORN CAKE.

Three eggs beaten, whites and yolks separately, two cups of butter milk or sour milk, three tablespoonfuls melted butter, one tablespoonful sugar, one teaspoonful salt, one of soda dissolved in boiling water, and corn meal enough to make a thin batter. Bake in long tins in a hot oven.

### DELICIOUS CORN CAKE.

One quart corn meal, one quart milk, two eggs, half cup sugar, or two tablespoonfuls molasses, three teaspoonfuls baking powder, and one of salt.

### VIENNA ROLLS.

One pound of flour, two tablespoonfuls of baking powder in the flour, and one tablespoonful of butter, a little cream, and mix with milk until as thick as bread. Salt, and roll very thin. Cut into squares. Begin on one corner, and roll with fingers into a crescent form. Wash with beaten yolk of an egg, and bake eight minutes.

## MUFFINS.

One pint milk, one tablespoonful melted butter, one tablespoonful sugar, two eggs, whites beaten separately, and to a stiff froth; three teaspoonfuls baking powder, one quart of flour. Mix a little stiffer than cake, and bake in muffin rings.

## RICE MUFFINS.

One cup cold boiled rice, one pint flour, two eggs, one quart of milk, or enough to make thin batter, one tablespoonful butter, one teaspoonful of salt. Beat thoroughly. Bake in rings in oven, or on a griddle.

## GRIDDLE CAKES, WITH BREAD CRUMBS.

Soak the bread crumbs in hot water a few minutes, then drain them. Put an even tablespoonful of butter in the hot crumbs. To two cupfuls of crumbs add one cupful of flour, one *unbeaten* egg, as it binds the batter better, and you can use a much thinner batter. If the milk is sweet, add a teaspoonful of yeast powder; if sour, half a teaspoonful of soda dissolved in a tablespoonful of warm water.

H. B. W.

## PANCAKES.

Stir enough flour into a quart of loppered milk to make a rather thick batter. It should stand twenty-four hours, although it can be mixed over night. In the morning add two well-beaten eggs and a little salt, and half a teaspoonful of soda dissolved in a tablespoonful of warm water. Cook immediately.

H. B. W.

### SOUR MILK GRIDDLE CAKES.

One pint of sour milk, into which stir one teaspoonful of soda, one tablespoonful of molasses, salt to taste, and flour enough for a thin batter. Bake on a hot griddle.

### BATTER FOR GRIDDLE CAKES.

One pint of milk, two eggs, one teaspoonful of soda, a little salt, and flour for a thin batter. With this batter a great variety of cakes can be made.

Boiled rice, hominy, oatmeal, Indian meal, and bread crumbs may all be used, of course, by not using as much flour.

### GEMS.

One pint of flour, one pint of milk, a little salt, and two eggs ; stir the flour into the milk, add the salt, and the eggs beaten very light. Have the gem-pans well buttered and heating in the oven. Pour the mixture in them, and bake in a hot oven twenty minutes.

### BAPTISTS.

On baking day, if the bread is light at breakfast time, cut off bits of dough the size of an egg and fry in hot fat. Serve very hot.

### BROWN BREAD BREWIS.

Put one pint of brown bread crumbs with one tablespoonful of butter into a double boiler, add milk enough to cover it, and cook until all the milk has been absorbed. Cream may be used instead, or part cream and part milk, in which case use less butter.

Wheat bread brewis is made in the same way.



## WAFFLES.

One pint of milk, one pint of flour, two eggs, one tablespoonful of melted butter, one-half teaspoonful of soda, one of cream of tartar. If the batter seems too thin add a little more flour.

## RICE WAFFLES.

Use the above receipt, except the flour, and add one cupful of cold boiled rice, and flour for a thin batter.

## MILK TOAST.

Toast six slices of bread. Butter, and sprinkle a little salt on each slice ; put in a deep dish, and *just* before sending to the table pour over the toast one pint of boiling milk.

## CREAM TOAST.

Cream toast may be made in the same way, only using cream for milk, or by melting in a saucepan one *scant* tablespoonful of butter, to which add a teaspoonful of flour, and when smooth pour in a pint of milk. Boil up once, and serve as the above.

## WATER TOAST.

Toast the bread, and have a pan with one quart of boiling water and a teaspoonful of salt in it. Dip the toast in the water, spread with butter; and pile on a hot plate.

## CRISPED CRACKERS.

Crisped crackers are particularly good for afternoon tea, and are made in this way : Split the common

water crackers, and spread thinly with butter ; put them, buttered side up, in a pan, and color quickly in a hot oven. They should be a light golden brown when ready to eat, and should be served hot.

#### APPLE CAKE (GERMAN).

Take bread dough, and spread half an inch thick on a shallow baking pan. Have apples pared and quartered, and lay in rows on the top of the dough, with the sharp edge down. Sprinkle with sugar, and grate nutmeg over them. Bake in a hot oven twenty minutes.

#### COFFEE BREAD.

Take some trimmings of pie-crust, and after sprinkling the moulding board with Indian meal roll the crust out on the meal very thin; sprinkle the crust with meal. Cut into squares about three inches, and bake in a hot oven. Very nice to eat with coffee.

## • • • Pies. • • •

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### PUFF PASTE.

One pound pastry flour, one of butter (thoroughly washed to extract the salt), the juice of one lemon and yolk of one egg, well beaten, and a little salt; chop one-third of butter into the flour thoroughly, until fine as dust; make a hollow in the center, stir in with a knife the yolk of the egg, the lemon juice, and a cup of ice water; when smooth sift a little flour on the board, turn the paste on this, and roll out into a square of even thickness (about half an inch), being particular to have the edges straight. Place on this one-third of the butter cut in very small bits. Sprinkle lightly with flour. Fold on itself in three thicknesses and then fold the ends together. Roll out as before. Cut and add the remaining butter and treat as before. After this fold and roll three times; each time before folding turn half round on the board so as to roll in a different direction. This makes the layers more even. After folding the last time place on ice for an hour or two before using. If the paste is put on ice for fifteen minutes after each addition of butter it will be improved. Great care must be used not to roll in too much flour.

### PUFF PASTE PATTIES.

Roll the paste two thirds of an inch thick, and cut out with a round or oval cutter about two inches in

diameter ; with a cutter half an inch size smaller press into the piece cut out so as to take out the top piece, lay on tins and bake from twenty minutes to half an hour; when done remove the marked out top, remove the soft inside and fill with sweetmeats for desert, or with minced meat, chicken, or oysters. Put on the covers and serve. Tarts are made by rolling the paste thinner, and then filling with jellies, preserves, or canned fruit. The covers are not used.

#### A VERY GOOD PIE PASTE.

One quart pastry flour, two-thirds cup of lard, two-thirds cup of butter ; rub the lard into the flour, and wet with ice water, using just enough to mix it into a soft dough, but do not knead it; flour the board and roll it out half an inch thick, take one-third of the butter and drop it in little bits all over the dough, sprinkle lightly with flour, and fold it over three times, roll out and put on another third of the butter, sprinkle with flour, and fold three times ; roll out again, put on the last of the butter, sprinkle with flour, and roll up. Cut off the end of the roll a piece sufficient for one crust, lay flat down and roll out. In summer set the crust on ice for half an hour before using. This quantity will make four pies with two crusts each.

A. L. W.

Good pastry can not be made of *bread flour*, as formerly.

#### APPLE PIE.

Pare and slice tender, tart apples, put an under crust on a pie plate, and fill with the apple, wet the edges of the crust with cold water, and press down on

it the edges of the upper crust to retain the juice; bake until the apples are done, remove carefully the upper crust, and season with sugar, butter, and rose water, or nutmeg. Replace the upper crust.

#### ANOTHER WAY.

Another way is to season before baking. Put on the bottom crust a layer of apple, sprinkle on it plenty of sugar and a little nutmeg, and so on until full; gash the upper crust; great care should be taken to secure the upper lid to the under, that the juice does not run out.

#### MINCE PIES.

Boil two fresh beeves' tongues, large enough to make three pounds of solid meat when chopped, eight pounds of chopped apple, one pound of chopped suet, five quart bottles of old cider, one pint of wine, three pints of brandy, five pounds of sugar, one pint of molasses, six nutmegs, five tablespoonfuls of salt, one pound of citron, six tablespoonfuls of cinnamon, four tablespoonfuls of allspice, two of mace, one and three-quarters pounds Zante currants, *carefully* cleaned. Scald thoroughly all of the ingredients after thoroughly mixed, and put in a stone jar in a cool place. Add seeded raisins to each pie. After standing awhile, more wetting is sometimes needed, and perhaps a little more spice. The mince meat can be put in air-tight glass jars, and kept through the summer.

H. B. W.

#### DRIED APPLE PIE.

For two pies, one pint of dried apples, carefully washed and soaked until soft in warm water. Stew

slowly until done, strain, and add two teaspoonfuls of butter, and sugar to taste. Flavor with cinnamon, orange, or lemon peel, with a little of the juice, rose-water, or with nutmeg.

#### PAN DOWDY.

Bake an apple pie in a deep dish or plate without sweetening ; let it bake till the apple is done and the crust well browned. While hot cut it up, mixing apple and crust together, adding sugar, a good piece of butter, and a little cinnamon. Smooth over the top and set back into the oven for a few minutes. Very nice served with cream.

#### APPLE TART.

Stew sour apples, without paring them, until tender. Press through a colander and season with sugar, a teaspoonful of butter for each pie, nutmeg, rosewater, or a little of the juice and grated peel of a lemon. Put on a pie plate an under crust, cut a thin strip of paste sufficient to go around the plate ; wet the edge of the crust and lay on it this strip. Fill with the apple and lay across the top bars of paste.

#### CUSTARD PIE.

Four eggs, one quart milk, four tablespoonfuls white sugar. Flavor with vanilla, or with any other favorite flavor. Beat the yolks and sugar light, and mix with the milk ; flavor ; whip in the whites, which should be already a stiff froth. Mix well, and pour into a pie-plate lined with paste.

In baking custard, squash, and pumpkin pies, cut the under crust about a half inch too large all around

the plate. Fold this under, so that there will be a thick edge all around the plate. Pinch into a scalloped edge about an inch high. It is a good precaution not to pour the custard into the paste until the plate is set into the oven, as if the custard spills over it discolors the crust.

### PUMPKIN PIE.

For one pie:—One teacup of pumpkin, one egg, one heaping tablespoonful of flour, two of sugar, a little salt, cinnamon, and nutmeg. Beat this well together, and add one pint of milk.

A little ginger added to the other flavorings is nice for both squash and pumpkin pies. Also part cream instead of the full quantity of milk. Pumpkin requires much more cooking to prepare it for pies than squash. The squash can be boiled or steamed in from half to three-quarters of an hour, while the same quantity of pumpkin would take three or four hours.

### LEMON PIE.

The juice and pulp of three lemons, and the grated peel of one and a half. Six crackers soaked in water until soft, one cupful of molasses, salt to taste, and two tablespoonfuls of melted butter. Chop the pulp of the lemons until very fine, add the crackers with the butter and salt, and gradually beat in the molasses with the grated peels. Bake in one crust, or if preferred, in two. Bake very slowly or it will boil over.

### PINEAPPLE PIE.

Four eggs, one cupful of cream, a grated pineapple, its weight in sugar, and half its weight in butter.

Cream the butter and sugar together, add the yolks, and beat until very light. Then add the pineapple, the cream, and the whites beaten to a stiff froth. Line a deep pie plate with paste, pour in the mixture, and bake until "set." To be eaten cold.

### TARTS OF PRESERVED OR CANNED FRUITS.

Line shallow tins with light paste, and lay in them any kind of fruit preserved or canned. Cover with strips of paste or paste with leaves, stars, or flowers. A nice way to use canned peaches especially is to first bake the crust, and, when cold, put on the peaches. Strew lightly with sugar, and serve with or without cream. Very nice with whipped cream spread on the top.

### RHUBARB PIE.

Line a pie plate with paste and fill the pie with rhubarb cut in quarter inch slices (but not peeled), to which has been added three-quarters of a pound of sugar to a pound of rhubarb ; mix the sugar and rhubarb well together before filling the pie. When the pie is filled leave an inch vacant all around the rim for the juice to boil into ; press the cover lightly around the edge, egg the upper crust with the white of an egg, put the pie in a hot oven for ten minutes, then reduce the heat and bake it for forty minutes longer. When it is done sprinkle it with powdered sugar and set it back in the oven to stand for two or three minutes till the sugar melts to a glaze.



### SQUASH PIE.

(Live and Learn.)

One quart of milk, one pint of sifted squash, three eggs ; bring the milk to a boiling point, stir in the squash the eggs well beaten, a pinch of salt, and sugar to suit the taste, a little nutmeg, allspice, and cinnamon, if preferred. This quantity makes two pies.

If squash pie is baked for an hour and a half in a very slow oven it will never separate. Rosewater and madeira may be used with nutmeg.

### PEACH PIE.

Peel and slice the peaches, line a pie plate with crust and place on it a layer of peaches, sprinkling sugar over them according to taste and the sweetness of the fruit. Add more peaches and sugar till full. Flavor with a few of the kernels blanched ; add a little water, and bake with a top crust ; or, if the peaches are not too large, put them in whole. The pits give a nice flavor.

### CHERRY PIE.

Line a deep dish with crust and fill with layers of fruit and sugar, the cherries pitted, or not, according to taste. Serve hot or cold, with powdered sugar on top.

### BERRY PIES.

All berry pies are made by lining a pie plate with paste and filling with the berries, sweetened to taste. It was an old-fashioned way to add a little butter in small bits on top, sprinkling a very little flour over all. Bake with top crust.

Blueberry and huckleberry pies are improved by adding two teaspoonfuls of lemon juice or vinegar to each pie.

### LEMON TARTS.

Beat four eggs until very light, add to them gradually four ounces of sugar, and beat for five minutes, add a dessertspoonful of flour (sifted), then beat in three ounces of butter, slightly warmed; beat all thoroughly together, then add the strained juice and the grated rind of one lemon and a half. Line some patty pans with fine puff paste, rolled very thin, fill them two-thirds full, and bake for twenty minutes in a moderate oven.

# Puddings and Sauces.

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## ENGLISH CHRISTMAS PLUM PUDDING.

One pound of Valencia raisins, one pound of Sultana raisins, one pound of Zante currants, one pound of mixed candied peel, one pound of suet, half a pound of bread crumbs, half a pound of flour, one ounce of bitter almonds, half an ounce of sweet almonds, one pound of sugar, one nutmeg, one teaspoonful of allspice, eight eggs, one wineglass of brandy. Steam in moulds six hours. Make a paste of flour and a little water and put around the cover to make air tight. When a pudding is wanted, steam four hours more. These will keep a year in a cool, dry place. Serve with burning brandy and the following sauce:

### SAUCE FOR PLUM PUDDING.

One egg, one half cup of powdered sugar, three tablespoonfuls of milk, a wineglass of brandy. Beat the white of the egg to a stiff froth; beat in the sugar, a little at a time, next the yolk, then the milk. Serve at once, while foamy.

H. B. W.

### THE ELY CANON'S SAUCE.

Two ounces of butter, one ounce of sugar, six bitter almonds blanched and pounded, half a wineglass of brandy. Beat all together, near the fire, until it has the appearance of "clotted cream." (See "clotted cream.")

## PLUM PUDDING.

Three pounds of Boston crackers rolled fine, three quarts of scalding milk poured over them. Let them stand until next morning, then add five pounds of sugar, three pounds suet chopped fine, three pounds raisins chopped fine, one pound currants, one-half pound citron chopped fine, three tablespoonfuls of salt, one and one-half teaspoonfuls each of ginger and allspice, four grated nutmegs, two teaspoonfuls of cinnamon, one of mace, and one-half of cloves, one-half pint of wine, one and one-half gills of brandy. When thoroughly mixed together, beat twenty-four eggs (the whites separately) to a foam, and the yolks also. As soon as they are stirred in, turn the pudding into the pans, as they must not stand before going into the oven. Bake in mediumly hot oven. These puddings are baked in small, round bread pans. When they are to be eaten, set the pan containing the pudding into a steamer and heat thoroughly. To be eaten with the foaming wine sauce. These puddings will keep a year in a cool, dry place. Mrs. Julius Catlin.

## PUDDING SAUCE.

Half a cupful of butter, one cupful of powdered sugar. Mix butter and sugar to a cream. Set the bowl containing mixture into a pan of hot water on the fire; add a cupful of wine and stir constantly until it foams. Do not let it boil. Just before taking from the fire stir in the well-beaten white of one egg.

## FIG PUDDING.

Half a pound of grated bread crumbs, half a pound of figs, six ounces of moist brown sugar (if you cannot get it, use part molasses, but keep the weight six

ounces), six ounces of suet chopped fine, two tablespoonfuls of brandy, and two eggs. The figs must be chopped as fine as possible. *No milk*. Steam four hours.

#### SAUCE.

Cream quarter of a pound of butter, stir in quarter of a pound of sugar, add yolk of one egg and half a gill of brandy. Put over the fire and stir until it simmers; grate a little nutmeg, and add, the last thing, the white of an egg beaten to a stiff froth.

H. B. W.

#### INDIAN PUDDING.

Pour one quart of scalding hot milk over two-thirds of a teacup of Indian meal, mix well, and add a little salt, one cup of molasses, and butter the size of an egg; add one teaspoonful of cinnamon and half a teaspoonful of ginger. Bake slowly. To be eaten with cream.

H. B. W.

#### TAPIOCA PUDDING.

(Choice Receipts.)

One quart of milk, four tablespoonfuls of tapioca, four eggs, one pint of cream, the grated peel of one lemon, a little salt, two glasses of wine, and sugar to taste; let the tapioca soak twelve hours in the milk, then put it over the fire, let it just boil; remove and let it stand until cold; then add the other ingredients, leaving the cream and beaten whites of eggs until the last. To be eaten cold. Put the pudding dish in a pan of water to bake.

### A SPICED APPLE PUDDING.

Two teacupfuls of bread crumbs, three teacupfuls of chopped apples, one teacupful of sugar, one quarter of a pound of raisins, a little citron, two tablespoonfuls of brandy, one tablespoonful of ground cinnamon, half a teaspoonful of ground cloves, one teaspoonful of mace, three eggs beaten separately. Cook the bread crumbs a few minutes with a pint of milk before adding the other ingredients; add the whites of the eggs the last thing before baking. Bake half an hour in a hot oven. Serve with any sweet sauce. Cream is very nice with it, with a little wine and sugar in it.

### FRUIT TAPIOCA PUDDING.

One cup of tapioca soaked in warm water over night; pare and slice six apples, place in a pudding dish, and sprinkle over them a little sugar; pour over this the tapioca. Bake one hour, serve with sugar and cream. Peaches or strawberries can be used instead of apples.

### BREAD AND APPLE PUDDING.

Butter a pudding dish and lay on it slices of buttered bread; pare and slice tart apples and fill the dish with alternate layers of the bread and apples; sprinkle the layers of apple with sugar and a little cinnamon. The top layer should be of the bread. Serve with sugar and cream, or with a hard sauce.

### COTTAGE PUDDING.

Rub together one cup of sugar, one-half cup of butter, beat in the yolks of three eggs, add one cup of

milk, one-half teaspoonful of soda, one teaspoonful of salt, the whites beaten to a froth, alternately with three cups of flour, into which is carefully sifted one teaspoonful of cream tartar. Serve with liquid sauce.

### BATTER PUDDING (DUTCH).

Into one pint of milk stir the beaten yolks of eight eggs, eight heaping tablespoonfuls of flour, and a pinch of salt; add the whites of the eggs, beaten stiff, and bake in a buttered dish twenty minutes, or until it is firmly set. Serve with liquid sauce. Or you may boil in a buttered pudding mould two hours.

### A SIMPLE BATTER PUDDING.

Four eggs, one pint of milk, two cups of flour, a pinch of soda, and teaspoonful of salt. Bake or boil as the other.

### RAISED PUDDING.

One cup of bread dough, one egg, one tablespoonful sugar, butter half the size of an egg, one-fourth teaspoonful soda dissolved in as little cold water as possible, a little nutmeg, and one-fourth cup of currants. Mix well; let it stand awhile in the dish in which it is to be cooked, then steam one hour. Serve with liquid or cold sauce, as preferred. O. B. F.

### SPONGE PUDDING.

One teacup of milk, three eggs, one ounce of sugar, one ounce of flour, and a little salt; put the milk on to heat, rub the flour smooth in a little cold milk, stir that and the sugar into the hot milk until it thickens,

then set it off to cool; beat the eggs separately, and when the mixture is cool add them to it; pour into a buttered pudding dish, and set in the oven in a pan of hot water. Bake till firm, being careful not to over bake. Serve with any sauce preferred. Delicious with whipped cream.

A. L. W.

### LEMON PUDDING.

Stir into the yolks of six eggs one cup of sugar, half cup of water, and the grated peel and juice of two lemons. Soften some slices of cake in milk and lay in the bottom of a baking dish. Pour the custard over them, and bake till firm. Beat the whites of the eggs to a froth, add six tablespoonfuls of powdered sugar, and beat well; when the custard is done pour the frosting over it; return to the oven to brown. Good warm or cold.

A. L. W.

### STRAWBERRY DUMPLINGS.

(Live and Learn.)

Make baking powder or soda biscuits, and steam about twenty minutes; take them out on a platter and break them open. Eat with butter and sugar sauce, stirred thick with strawberries.

### BAKED CUSTARD PUDDING.

Beat together till very light six eggs and four tablespoonfuls of sugar; add to this one quart of new milk and a little salt. Flavor with vanilla, almond, cinnamon, or nutmeg. Bake until the custard sets. By adding a cupful of grated cocoanut, you have a cocoanut pudding.



## ICED RICE PUDDING.

Half a cup of raw rice, a cup of sugar, half a teaspoon of salt, two quarts of whipped cream, and half a box of gelatine. Put the rice to boil in an abundance of water ; when it has boiled ten minutes pour off the water, add a pint of milk, put it in a double boiler, and let them cook for three-quarters of an hour with two or three pieces of the yellow rind of a lemon to give flavor ; when it is done, remove the lemon peel, add the gelatine, which should have soaked two hours in half a cup of cold water ; add also the sugar and salt. Put the pudding in a pan of cold water and salt, and stir it till it is thoroughly chilled. Then beat in two quarts of whipped cream. The rice must be added lightly to the cream so as not to break down the froth. When this is done pour the pudding in little cups or in one large mould and set it away on the ice until it has hardened. It should be firmer than a wine jelly. It is delicious served with abundance of ripe strawberries and whipped cream, or it may be served with a golden orange jelly and a whipped cream. This is an especially ornamental dessert served in a large mould on a low glass platter, with strawberries or jelly and whipped cream wreathed around it, or if you prefer you can make a sauce of a cup of mashed strawberries, strained into a quart of whipped cream and properly sweetened, and serve this crimson mass around the white mould.

## SHAPE AND JAM.

Into one quart of boiling milk stir four tablespoonfuls of farina, half a teaspoonful of salt, and two tablespoonfuls of sugar. Boil one hour, stirring very

often. Pour into a mould, and, when perfectly cold, turn into a dish and serve with cream and sugar and strawberry or raspberry preserves.

### MINUTE PUDDING.

Set a quart of perfectly fresh, rich milk over the fire to boil ; when it is boiling stir in five large tablespoonfuls of flour, which has been beaten to a smooth light batter with a cup of cold milk reserved from the quart put over to boil ; add an even teaspoonful of salt to this batter, and stir the mixture slowly into the boiling milk. It is better to have some one turn the batter in while you stir the pudding; this is the critical point when it is easy to scorch the pudding or let it become lumpy by careless mixture of the ingredients. The saucepan which it is in can be set in boiling water as soon as the flour is added, but up to this time it is better not to use a double boiler, as rapid cooking and the direct heat of the stove are required. Let the pudding cook five minutes more after this, stirring it often. At the end of this time, add three well beaten eggs and let it cook three minutes more, stirring it well all the time, and it is done. Serve as soon as possible.

There are several delicious sauces to use with this pudding. One is a cold sauce made of a cup of mashed strawberries, mixed into half a cup of butter and a cup of powdered sugar beaten to a cream. Let this sauce be ice cold when served. Another sauce is made of a cup of rich cream and half a pound of maple sugar melted together to a syrup and boiled ten minutes. The old-fashioned sauce always served with this dessert, however, was a liquid wine sauce. To

make this, boil ten tablespoonfuls of water for ten minutes with half a cup of sugar melted into it to make a syrup. Stir in four tablespoonfuls of fresh butter, then add a wine glass of sherry or Madeira and serve at once.

#### PLAIN PLUM PUDDING.

Two cupfuls of dried bread crumbs, half a cupful of butter, half a cupful of molasses, one egg, one cup of raisins, half a cupful of citron, one cupful of milk, with half a teaspoonful of soda dissolved in it, half a teaspoonful of cloves, one teaspoonful of cinnamon, a pinch each of mace and salt. Boil two hours in a pudding boiler, and serve with a liquid sauce.

#### ORANGE PUDDING.

Six oranges peeled and quartered, taking out the seeds ; put in the bottom of a pudding dish and sprinkle a cupful of sugar over them ; put a pint of milk on the fire in a double boiler ; when it boils add the yolks of three eggs beaten with one tablespoonful of corn starch ; boil for eight minutes, and then pour over the fruit. Beat the whites with a tablespoonful of powdered sugar and spread on the pudding. Set in the oven just long enough to brown ; to be eaten either cold or hot.

#### RICE PUDDING.

One quart new milk, a small wine glass of rice, half a cupful of raisins, one teaspoonful of vanilla, or a little nutmeg, a little salt ; sweeten to suit the taste ; bake slowly without stirring. When the milk becomes

creamy remove from the oven. When done serve with whipped cream flavored with sherry and sweetened. It is very nice without the raisins or flavoring.

### BREAD PUDDING.

(From "First Principles of Household Management and Cookery." Copyright 1879 and 1882,  
by Maria Parloa.)

One pint of stale bread, one quart of sweet milk, one teaspoon of salt, three tablespoons of sugar, two eggs. Soak bread and milk together two hours ; then mash all up fine with the back of the spoon ; beat eggs, sugar, and salt together, and add to the bread and milk ; turn into the pudding dish and bake in a slow oven forty-five minutes. Run a knife or the handle of a spoon down the center of the pudding, and if it does not look milky it is done. Serve with cream sauce.

### CREAM SAUCE.

(From "First Principles of Household Management and Cookery." Copyright 1879 and 1882.  
by Maria Parloa.)

One egg, half a cup of powdered sugar, three tablespoons of milk, half a teaspoon of vanilla or lemon extract, or flavor with wine. Beat the white of the egg to a stiff froth, then beat in the sugar, then the yolk of the egg and the flavoring, and last the milk. Serve immediately, as it spoils by standing.

### BLUEBERRY PUDDING.

One cupful of sugar, one-quarter of a cupful of butter, one cupful of milk, one pint of flour, one tea-

spoonful of cream of tarter, and a half teaspoonful of soda, one large cupful of blueberries well sprinkled with flour. Beat the butter to a cream, add the sugar, then the milk, in which dissolve the soda, and the flour with the cream of tarter mixed in it. Beat well and then add the berries. Bake in a pudding dish for three-quarters of a hour or boil for two hours in a pudding mould.

### PRUNE PUDDING.

One pound of prunes soaked over night. In the morning cook until soft, remove the pits, and mash as fine as possible. Beat the whites of six eggs to a very stiff froth. Stir into them half a teaspoonful of cream of tartar, mix well with the prunes, and sweeten the whole to taste. Bake in a moderate oven about twenty minutes. When cool cover with whipped cream, sweetened and flavored with sherry.

A. L. W.

### STRAWBERRY SHORTCAKE.

One pint of sifted flour, two ounces of butter or about four tablespoonfuls, about half a pint of milk, quarter of a teaspoonful of salt, two teaspoonfuls of baking powder or one of cream-tarter and a half teaspoonful of soda. Put the salt and baking powder into the flour and sift two or three times to mix thoroughly; then, with the hands, rub the butter thoroughly into the flour. Add the milk gradually, stirring with a spoon and using just enough to make it of a light spongy consistency. Work it as little as possible after putting in the milk. Divide it and with

a rolling pin smooth each part into the desired size and place one on top of the other, and bake from twenty to twenty-five minutes. In this way you can separate without cutting the shortcake. Put the berries and sugar over the fire and slowly heat. Heat the cream separately and when ready to serve pour berries and cream over and between the layers and serve at once. Peaches may be used instead of strawberries.

H. B. W.

### RUM SAUCE.

Four eggs, one cupful of powdered sugar, a gill of rum, and a little nutmeg. Beat the yolks of the eggs very light, gradually add the sugar, then the rum and nutmeg, and, *just* before serving, the whites beaten to a stiff froth. Stir thoroughly together and serve.

### FOAMING SAUCE.

Half a cupful of butter, one cupful of sugar, the white of one egg, half a gill each of brandy and boiling water. Cream the butter, add the sugar, then the beaten egg. Set the bowl in a pan of hot water. Carefully add the brandy and water, stirring constantly; let it remain in the water two minutes, and serve.

The most delicious sauce for all delicate puddings is whipped cream. As it increases so much by being whipped a cupful of cream is sufficient for four persons. After whipping sweeten and flavor either with wine, vanilla, or any desired flavor. Preserved fruits make a nice addition.

### LEMON SAUCE.

One cupful of powdered sugar beaten into the whites of two eggs. Have a cupful of milk boiling hot and pour over the sugar and egg, stirring all the time. Just before serving add the juice of one lemon.

### GERMAN PUDDING SAUCE.

Dissolve in half a pint of sherry, or of madeira, four ounces of sugar, but do not allow the wine to boil; stir in the well-beaten yolks of six eggs, and stir constantly until it is well thickened and highly frothed. Pour it over a plum, or any other sweet boiled pudding. It is very nice with a tablespoonful of lemon juice added to the wine.

### HARD SAUCE.

Half a cupful of butter, rubbed to a cream with two cupfuls of powdered sugar, the sugar being added a little at a time; beat until light and creamy. Flavor with lemon, vanilla, wine, or brandy, or pile on a dish and grate nutmeg over it.

### LIQUID SAUCE.

Use the above receipt, pouring over the creamed butter and sugar a cupful of boiling water, and stirring carefully until smooth.

### WINE SAUCE.

Boil gently together for ten or fifteen minutes the very thin rind of half a small lemon, an ounce and a half of sugar, and a wine glass of water. Take out

the lemon peel and stir into the sauce until it has boiled for one minute an ounce of butter mixed with half a teaspoonful of flour. Add a wineglassful of sherry or madeira, and serve while hot.

Port wine sauce is made in the same way, with the addition of a dessertspoonful of lemon juice, some grated nutmeg, and a little more sugar.

#### PUNCH SAUCE.

Boil for twenty minutes two ounces of sugar and a quarter of a pint water, with the rind of half a lemon and a little orange peel; strain out the rinds, thicken the same with an ounce and a half of butter and a teaspoonful of flour, add half a glass of brandy, the same of white wine, two-thirds of a glass of rum, the juice of half an orange, and one tablespoonful of lemon juice. Serve the sauce very hot, but do not allow it to boil after the spirit is stirred in.

#### CREAM SAUCE.

One cupful of powdered sugar beaten with half a cupful of butter; when very light add half a cupful of cream. Set in a pan of hot water and stir until it is smooth and creamy.



## • • Dessert. • •

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### ICE CREAM.

One quart of milk, one and one-half pints of sugar, the yolks of ten eggs, and one quart of cream; put the milk in a double boiler, beat the sugar and eggs together; when the milk boils stir in the mixture, and cook for eight minutes, stirring all the time; strain, and when cool add the quart of cream and one teaspoonful of vanilla. Pack and freeze. Any flavor may be used instead of the vanilla.

Caramel ice cream is made by putting half a pint of the sugar in a saucepan, and stirring it until it turns to a liquid and begins to smoke, then pour into the boiling mixture; when cool, freeze.

A frozen pudding may be made by using the above receipt, and adding to the boiling mixture two tablespoonfuls of gelatine, which has been soaked in half a cupful of water two hours, and when the cream is partly frozen, putting in one pound French candied fruits, and one-quarter of a pound of crystalized ginger, which has been soaked in four tablespoonfuls of sherry and one tablespoonful of brandy for twelve hours. Serve with whipped cream, flavored with sherry.

A most delicious ice cream is made by using the above receipt, after it is partly frozen stirring in one pound of Jordan almonds which have been chopped fine.

## ITALIAN CREAM

One quart of cream, one pint of sugar, the juice and grated rind of two lemons, and two tablespoonfuls of brandy. Stir the sugar into the cream, very gradually beat in the lemon, taking care not to curdle the cream, add the brandy and freeze.

## APRICOT ICE.

Reduce to a pulp one quart of apricots by rubbing them through a sieve. Boil one quart of water with one pint of sugar together rapidly for twenty minutes, add the apricots; when cool pour into the freezer, and when about half frozen add a pint of whipped cream.

An apricot ice cream is made with a quart of cream, the yolks of four eggs, one pint of sugar, one pint of water, and one pint of apricot pulp. Boil the water and sugar together twenty minutes, add the apricot, then the eggs, let it all cook together for five minutes, stirring all the time. Remove from the fire and beat until cool; when cool add the cream and freeze. A peach or banana cream is very nice made in the same manner.

*Crosse & Blackwell's concentrated coffee* is very nice for flavoring ice cream, cream or charlotte.

## ICE CREAM.

One quart of milk, one pint of cream, one tablespoonful of gelatine, sugar to taste, from one to two cups. Dissolve the gelatine in the milk and let the sugar, milk, and gelatine come to the boiling point in a double boiler. Set away until cold. Add the cream when partially frozen. If pine apple is wished shred it

with a silver fork, leaving out the heart. Sprinkle with a cup of sugar and let it stand a couple of hours. Always add when the cream is partially frozen or it will curdle it and make it bitter. It is better to add any fruit after it (the cream) is half frozen.

### LEMON CREAM.

Beat the yolks of seven or eight eggs with seven or eight tablespoonfuls of sugar (one spoonful of sugar to one yolk), grated peel of one lemon, juice of two lemons, one glass of wine, one glass of water. Let this simmer (must not boil) until it thickens, then take from the fire and stir in the well-beaten whites. Serve in jelly glasses cold.

### ROMAN PUNCH.

To one and one-half pints of lemonade add one large glass of champagne, one wine glass of jamaica rum, the juice of two oranges. Set this to freeze. Beat the whites of two eggs to a stiff froth, add one-half a pound of sugar and mix thoroughly. Now take the partially frozen ice from the freezer and mix very thoroughly with the whites and sugar, then return all to the freezer and set away until wanted.

### ROMAN PUNCH.

Boil together three-quarters of a pound of sugar and three pints of water for ten minutes; when cold add the juice of four lemons and one gill of rum. Freeze.

Another way is to take two cupfuls of lemonade, strong and sweet, one glass of champagne, one glass of rum, the juice of two oranges, whites of two eggs well beaten, one-half a pound of sugar beaten with the eggs: Freeze.

## WATER ICES.

Water ices are made by boiling sugar and water together for twenty minutes, cooling and then adding fruit juice or other flavoring and freezing as ice cream.

## LEMON ICE.

Boil one quart of sugar with three pints of water ; skim carefully and when cool add the juice of eight lemons. Freeze.

Currant Ice—Use one pint of currant juice and the juice of one lemon.

Raspberry Ice—One pint of raspberry juice and the juice of two lemons.

Strawberry Ice—Three pints of strawberry juice and the juice of two lemons.

Pine Apple Ice—One pint of pine apple syrup.

## WINE JELLY.

Soak a box of gelatine in a pint of cold water for two hours and then pour on a pint of boiling water and stir till dissolved. Add a pint and a half of sherry, a pound of sugar and the juice of a lemon. Strain and pour into molds ; cool and put on ice.

Lemon jelly is made by using two and one-half cups of lemon juice.

Orange Jelly—One and one-half pints of orange juice and the juice of one lemon.

Coffee Jelly—One and one-half pint of strong coffee.

Currant Jelly—One and one-half pints of currant juice.

Strawberry and Raspberry Jelly—The juice from two quarts of ripe berries which have been allowed to stand

with the sugar two hours, and then added to the gelatine mixture.

**Rum Jelly**—Two gills of rum and the juice of three lemons; with the rum use one quart of boiling water.

### WINE JELLY WITH NUTS AND FIGS.

Soak half a box of Cox's gelatine in half a cupful of cold water two hours; pour on this two-thirds of a pint of boiling water, the juice of a lemon, a large tea-cupful of sugar, and a half pint of sherry. Cut a dozen "prepared figs" in small pieces, eighteen English walnuts, and a few blanched almonds; chop the nuts, and with the figs add while cooling. Set the mould in salt and ice, put a little jelly in, and when stiff scatter thickly nuts and figs and add more jelly, and so on until the mould is full. If added with care the jelly will be perfectly clear, but it must be done slowly. Serve with whipped cream, flavored with sherry at the base.

### NESSELRODE PUDDING (CARÉME'S RECEIPT).

Boil forty Spanish chestnuts until tender in plenty of water, remove the husks, and rub the chestnuts to a smooth paste with a little syrup, rub through a fine sieve, and mix with a pint of syrup made with a pound of sugar, clarified and flavored with one spoonful of vanilla; add one pint of cream and the yolks of twelve eggs. Cook the mixture, stirring all the time, until it is as thick as a boiled custard. Remove from the fire, and when perfectly cold pour into the freezer; when partially frozen add a glass of Marachino, one ounce of preserved ginger cut in dice, two ounces of

currants, and the same of raisins, stoned (the fruit should be soaked in the wine, with a little sugar, over night). Stir this into the cream, and add the whites of three well beaten eggs and a pint of whipped cream. When the pudding is perfectly frozen it can be moulded or packed in the can in which it has been frozen until ready to serve. French fruits may be used instead of the raisins and currants.

### BOILED CUSTARD.

One quart of milk, six eggs, four tablespoonfuls of sugar, saltspoonful of salt; flavor to taste. Put the milk on to boil in a double boiler, beat the eggs and sugar together till very light, and stir into the boiling milk, stirring constantly until it begins to thicken, which will be about four minutes; add salt and flavoring. Unless stirred constantly the custard is liable to curdle; in case this happens, take instantly from the fire and pour from one dish to another for a few minutes, and it will become smooth again.

A richer custard is made by using the yolks only of eggs, in the proportion of eight to a quart of milk.

### ALMOND CUSTARDS (DUTCH).

Four ounces of blanched almonds, one pint of cream, two spoonfuls of rosewater, two spoonfuls of sugar, the yolks of four eggs; beat the almonds fine with the rosewater, add the sugar and yolks of eggs well beaten together, then the cream; stir together over the fire until it becomes thick. Serve in cups.

### SYLLABUB.

One quart rich cream, the whites of four eggs, one glass wine, two small cups powdered sugar; flavor

with vanilla, rosewater, or almond. Whip half the sugar into the cream, the rest with the whites of the eggs ; mix, and add wine and flavoring at the last.

#### SEA-MOSS (BLANC-MANGE).

One quart of milk, two ounces of sea-moss, three tablespoonfuls of sugar, one large teaspoonful of vanilla, cinnamon, or lemon extract ; put the moss into the milk and let it stand on the stove, but where it is not hot enough to burn the milk, until it thickens a little, or about as much as boiled custard ; then add the sugar and flavoring, turn into mould or cups. Serve with cream.

#### CORN STARCH BLANC-MANGE.

Dissolve four tablespoonfuls of corn starch in a little cold milk and pour into one quart of boiling milk ; let it boil twenty minutes, stirring constantly ; have ready the whites of four eggs beaten to a stiff froth, and four tablespoonfuls of powdered sugar, with a little salt ; stir together as soon as the corn starch is taken from the fire and pour immediately into a mould ; make a soft custard of one pint of milk, the yolks of the eggs, and four tablespoonfuls of sugar ; flavor with wine or vanilla. When ready to serve turn the blanc-mange on to a deep dish, and pour the custard at the base.

#### ORANGE CHARLOTTE.

One-third of a box of gelatine, one-third of a cup of cold water, one cup of sugar, the juice of one lemon, one cup of orange juice and pulp, and the whites of three eggs. Line a mould with sections of oranges ; put two rows of them in the mould, each row facing a

different way. Soak the gelatine in cold water until it is soft, pour on the boiling water, and when the gelatine is dissolved add the sugar and the lemon juice, and when the sugar is dissolved strain and add the orange juice and pulp with a little of the grated rind. Cool in a pan of ice water. Beat the whites to a stiff froth, and when the orange jelly begins to harden beat until light. The mass will increase in size by beating and become very light in texture. Add the beaten whites, and beat all together until stiff enough to drop and stay in shape. Use a wooden spoon for beating; a perforated one is better than anything else. If you find the gelatine hardening in little lumps, as it occasionally will, set the pan containing the mixture into a pan of hot water until the gelatine is melted, beating all the time. When the beaten jelly is so stiff that it will drop in moulds, pour it into the mould with the orange sections and set aside until it is time to serve; then turn from the mould and pile whipped cream about the base of the charlotte. This is not only an appetizing dish, but an ornamental one.

H. B. W.

### CHEESE CAKES.

One Neufchatel or cream cheese, one cupful of sugar, the grated rind of one lemon, half the juice, half a cupful of bread crumbs (the finer the better), four eggs, one spoonful melted butter, half a cupful of cream, half a nutmeg, a little salt and half a cupful of Zante currants. Mix the bread crumbs with the cheese, beat the eggs with the sugar and add to the cheese and crumbs. Then add the butter and cream. Beat thoroughly together, then add lemon, nutmeg, and currants. Line little patty-pans with puff paste and



fill with the mixture. They will bake in fifteen minutes. You may omit the currants and lemon and use half a pound of almonds beat into a paste with two tablespoonfuls of rose water and one teaspoonful of bitter almond extract.

#### SALTED ALMONDS.

Pour boiling water on a pint of shelled Jordan almonds, and after a few minutes you can rub the skin off ; melt a couple of tablespoonfuls of butter and pour over the almonds, stirring it well so that they shall all be coated. When cold sprinkle a teaspoonful and a half of salt over them ; put them into baking pans in a medium oven and bake until they are a delicate brown ; it will take fifteen or twenty minutes to bake them enough to be crisp. More salt can be added if wished.

#### CLOTTED CREAM (DUTCH).

One gill of milk, boiled with six teaspoonfuls of rosewater and five pieces of mace put on a thread ; when it has boiled five minutes stir in the beaten yolks of four eggs, boil for three minutes, add one quart of cream and take from the fire, remove the mace, and pour the cream into an earthen dish ; let it stand over night. When ready to use take off the top and serve.

#### CHARLOTTE RUSSE.

Line a mould with slices of sponge cake or with lady fingers, whip one pint and a half of cream to a froth, soak half a package of gelatine in half a cupful of milk for two hours ; pour on this half a cupful of boiling milk. Place the pan of whipped cream in another of ice water, and sprinkle over it two-thirds of a cupful of sugar and nearly a teaspoonful of vanilla flavor, or

four tablespoonfuls of wine; strain the gelatine on this and stir gently from the bottom until it begins to thicken. When it will just pour fill the mould (two quart one), and cover the top of the cream with the cake. Set away in a cold place to harden.

#### COMPOTE OF APPLES.

Pare and core twelve very nice juicy and tart apples, put them into a saucepan with sufficient water to cover them, and half a pound of sugar, cover, and simmer very gently until quite soft, but not broken; drain them, return the syrup to the fire, add the juice of a lemon, a little nutmeg, or cinnamon, if you please, and boil for five or ten minutes; set away to cool, and when ready to use pour over the apples. Serve with or without cream.

#### BAKED APPLES.

Pare and core the apples, that is, cut out the core from the stem end without breaking the apples; put two cupfuls of water into a saucepan with one cupful of sugar, and boil for fifteen or twenty minutes. Put the apples, with a spoonful of sugar in each, into a shallow pan and bake in a moderately hot oven until done, basting frequently with the hot syrup. When done place in a dish and pour over them the juice from the pan in which they were baked; serve with whipped cream or without. A little spice or lemon may be added to the syrup when boiling, if preferred.

#### BAKED QUINCES.

Select very fine fruit; place in a deep dish, having pared them and cut out the cores, fill the centers with sugar; pour a cupful of water into the dish, and

sprinkle sugar liberally over the fruit, cover and bake in a moderate oven until done. Serve with sugar and cream.

#### BAKED PEARS.

Wipe carefully, but do not pare or remove the stems, set in a deep dish with a cupful of cold water, and sprinkle with sugar; cover and bake slowly for two hours. Serve with cream and sugar.

#### BANANAS AND CREAM.

Slice the bananas thin and place in a dish, sprinkling sugar on them frequently as the dish fills; over all pour a glass or two of wine or a little rum, with the juice of one lemon, or if preferred, the same quantity of orange juice. Serve with cream or with whipped cream.

Or the dish may be filled alternately with sliced bananas and oranges, omitting the wine, and covering the top with grated cocoanut.

#### SALAD OF MIXED FRUITS.

Cut in very thin slices a pineapple, removing the core; slice four sweet oranges and remove the seeds, and slice four bananas; put a layer of the pineapple in the bottom of a salad dish, sprinkle lightly with sugar, then a layer of orange, sprinkling with sugar, then the bananas, and so on until all the fruit has been used, sprinkling each layer lightly with sugar; pour over the whole half an ounce each of Maraschino, brandy. and curcoa. Serve very cold. Very nice with a few strawberries between each layer.

## • • Cakes.. • •

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### PLUM CAKE (DUTCH).

One pound of sugar, one of butter, one of flour, twelve eggs, three pounds of raisins, three of currants, one and a half of citron, one ounce of mace, one-half ounce of cloves, also of cinnamon, and a gill of brandy.

### WASHINGTON CAKE (DUTCH).

One pound of sugar, one of flour, half pound of butter, half pound of raisins, one cup of cream, one gill of brandy, also one of wine, four eggs, a little mace or nutmeg.

### COMPOSITION CAKE (DUTCH).

One pound of flour, one of sugar, half a pound of butter, one pint of cream, seven eggs, one gill of brandy, rosewater or mace.

### SPONGE CAKE (DUTCH).

Twelve eggs, the weight of eleven of these eggs in sugar, nine of them in flour, the outside of a lemon grated, part of the juice, and a pinch of salt.

### POUND CAKE (DUTCH).

One pound of sugar, one of butter, one of flour, twelve eggs, mace or nutmeg sufficient to flavor it.

## PLUM CAKE (DUTCH).

Two pounds of flour, one and a half pounds of sugar, one and half pounds of butter, fifteen eggs, one gill of molasses, half a gill of brandy, same of wine, one pound of currants, one pound of raisins, half a pound of citron; clove, nutmeg, and mace to the taste. Bake three hours.

## ALMOND CAKE (DUTCH).

One pound of almonds blanched and rubbed in a mortar with rose water, ten eggs, one pound of sugar, and three-quarters of a pound of flour.

## MOUNTAIN CAKE.

One pound of sugar, one pound of flour, one-half pound of butter, six eggs, one cup of milk, one teaspoonful of soda, two teaspoonfuls of cream of tartar. Flavor to taste.

## EMMA'S CAKE.

One cupful of butter, two cupfuls of sugar, one cupful of milk, three cupfuls of flour, five eggs, one teaspoonful of cream of tartar, one-half teaspoonful of soda. Very nice with the grated rind of a lemon, using the juice instead of the cream of tartar and adding a little more soda.

A. L. W.

## COCOANUT CAKE.

One pound of sugar, one-half pound of butter, one-half pound of flour, one grated cocoanut, six eggs.

## LEMON CAKE.

One pound of flour, one pound of sugar, one-half pound of butter, eight eggs, one lemon (juice and rind), one-half teaspoonful of soda. A. L. W.

## FRUIT CAKE.

One pound of flour, three-quarters of a pound of butter, one pound of sugar, eight eggs, one pound of citron, two pounds each of currants and raisins, spice to taste, one wine glass of brandy, one-half a teaspoonful of soda.

## CHOCOLATE CAKE.

Two cupfuls of sugar, one cupful of butter, one cupful of milk, three cupfuls of flour, five eggs (reserving the whites of three for the filling, one-half a teaspoonful of soda, one teaspoonful of cream of tartar. Bake in jelly cake tins.

Filling—One teaspoonful of vanilla, two cupfuls of powdered sugar, four tablespoonfuls of grated chocolate and the beaten whites of three eggs. When thoroughly beaten spread between the layers and on the top of the loaf.

Or use six tablespoonfuls of grated chocolate wet with cream enough to make a smooth paste, add one cupful of sugar and one well-beaten egg. Cook until thoroughly mixed and flavor with vanilla.

## FEDERAL CAKE.

(Live and Learn.)

One pound two ounces of butter, one pound of sugar, one pound of flour, five eggs not beaten, one

cup of sour cream, one pound of raisins, quarter teaspoonful of soda, a little nutmeg.

### CUP CAKE.

One cupful of butter, two cupfuls of sugar, three cupfuls of flour, one cupful of sweet milk, one teaspoonful of soda, four eggs. Flavor to taste. This receipt can be varied almost indefinitely. By the addition of fruit it becomes a plain fruit cake. It can also be variously flavored and spiced, and is a good foundation for all kinds of layer cake.

### LOAF CAKE (EXTRA).

Four pounds of flour, two pounds of sugar, one pound of butter, one pound of lard, two pounds of raisins, one pound of citron, four eggs, one quart of new milk, two heaping teaspoonfuls of mace, four nutmegs, half a tumblerful each of brandy and wine, and one pint of home-made yeast.

In the morning cream the butter and lard, and when very light add the sugar, mixing well ; then take a little less than half of it and rub into the flour, after well warming the flour. Add the milk blood warm and then the yeast. Mix thoroughly, and let it stand where it will keep quite warm, until it becomes very light, which should be by nine or ten o'clock in the evening. Do not disturb it while rising. Beat the eggs separately and mix with the remainder of the shortening, adding spice, wine, etc. Mix well and let rise a second time. Next morning, when light, fill pans two-thirds full, putting in a little at a time and dropping the fruit in thickly in layers to prevent its

sinking. Bake in a slow oven about one hour. Test with a broom splint. Observe *all* these directions.

H. B. W.

#### YEAST.

Boil a small handful of hops in one quart of water and strain through a fine sieve ; pour boiling hot over flour enough to make a thin batter. When cool, add half a pint of distillery yeast, strain again and let it stand in a warm place until it is light and foamy. If you cannot get distillery yeast dissolve one cake of compressed yeast in a little warm water in place of it. Make the yeast the day before you make the cake. You can bottle the yeast and keep several days in a cold place, but open the bottle with care. H. B. W.

#### SPONGE CAKE.

Six eggs, three cupfuls of powdered sugar, four of carefully sifted flour, one of cold water, two spoonfuls cream of tartar, one of soda, the juice of one lemon ; beat the eggs two minutes, add the sugar by degrees, beat five minutes after it is all added, then gradually stir in two cupfuls of flour, into which has been sifted the cream tartar ; beat one minute, dissolve the soda in the water, into which put one-half the lemon juice ; add. Stir in the grated rind of the lemon, add the rest of the juice, and finally the two remaining cups of flour ; beat very thoroughly. Bake in deep pans in a moderate oven.

#### WHITE FRUIT CAKE.

One cupful of butter, two of sugar, one cupful of milk, whites of three eggs, three and a half cupfuls of



flour, one teaspoonful soda, two of cream of tartar, nutmeg, one cupful of raisins, and one cupful of citron or currants.

### WHITE CAKE.

One cup of powdered sugar, one-half cupful corn starch, one-half cupful butter, one-half cupful milk, one cupful flour, whites of three eggs, one teaspoonful cream of tartar, one-half teaspoonful soda; flavor with almond or vanilla. This makes one sheet of cake.

### RAISED BREAD CAKE.

Two cupfuls of dough, two cupfuls of sugar, two-thirds of a cup of butter, two eggs, one-fourth teaspoonful of soda, one cupful of raisins, and spice to suit the taste. If, when it is all mixed together, the dough seems too soft, add a little flour. Let it rise for one hour.

O. B. F.

### APPLE FRUIT CAKE.

One cupful of butter, two cupfuls of sugar, one cupful of milk, two eggs, one teaspoonful of soda, three and a half cupfuls of flour, two cupfuls of raisins, three of nice dried apples, soaked over night and then chopped fine and stewed two hours in two cups of molasses; beat butter and sugar to a cream, add the milk, in which dissolve soda, then add the beaten eggs, the flour, and lastly the raisins and apples; stir thoroughly, add spices to taste. Bake in a deep pan one and a half hours.

## POUND CAKE.

Nine eggs, their weight in sugar, the weight of eight in flour, and of seven in butter, one nutmeg.

A. L. W.

## IMPERIAL CAKE.

One pound each of butter, flour, and sugar, nine eggs, two tablespoonfuls of wine (sherry), one teaspoonful rosewater, one quarter teaspoonful mace, one-half teaspoonful soda, the juice and grated rind of one lemon, one cupful blanched almonds chopped fine, one cupful seedless raisins, and one of shredded citron.

## ORANGE CAKE.

One cupful of butter, two cupfuls sugar, one cupful of milk, three and one-half cupfuls of flour, three even teaspoonfuls of baking powder, five eggs, leaving out the whites of two for frosting.

Filling—Two and a half cupfuls of water, three tablespoonfuls of corn starch, the grated rind of two oranges, the juice of three, and the juice of two lemons, yolks of three eggs, and one tablespoonful of butter; frost.

## CUP CAKE.

One cup of butter, two cups of sugar, three cups of flour, four eggs, half a cup of milk, one teaspoonful of cream tartar, half a teaspoonful of soda, a large wine-glass of sherry, a grated nutmeg, one heaping cup of seeded raisins.

H. B. W.

## ALMOND CAKE.

Two teacupfuls of white sugar, one teacupful of butter, one of milk, three eggs, half a teaspoonful of

soda, one teaspoonful of cream tartar, three teacupfuls of pastry flour; cream the butter and sugar, add the beaten yolks, next the beaten whites, sift the cream tartar with the flour and the soda, dissolve in the milk. Lastly add one teaspoonful of extract of almond. For a change add half a cup of chopped nuts instead of the almond.

#### WHITE CAKE.

One cup of sugar, one cup of butter, one-half cup of milk, one and three-quarter cups of flour, whites of four eggs, one-half teaspoonful of soda, one teaspoonful of cream tartar, one teaspoonful of extract of almond, one cup of English walnuts; cream the butter and sugar, then add the well-beaten whites; dissolve the soda in the milk, and sift the cream tartar and flour together and add to the mixture with the extract of almond. When the cake is in the pans, put the English walnuts on the top, and bake from thirty to forty minutes.

#### YELLOW CAKE.

Exactly like the above, using yolks instead of whites, and, if you prefer, flavor with vanilla instead of almond; frost with yellow frosting, instead of putting the nuts on the top.

#### SPONGE CAKE.

Ten eggs, one pound of sugar, one-half pound of flour, the juice of one lemon. While one person is beating the yolks and sugar, another must be beating the whites; add the beaten whites, then the flour, and beat quickly. It must all be done in twenty minutes,

as much depends upon rapid mixing. The eggs must be very fresh. Bake in a rather quick oven.

H. B. W.

### COCOANUT MOUNTAIN CAKE.

(Choice Receipts.)

Three eggs, one-half pound of powdered sugar, one-quarter pound of butter, one-half pound of flour, one half cup of milk, with one-half teaspoonful of soda in it; mix the butter and sugar, then add the eggs, one by one, stirring well, then the flour and milk alternately and gradually; bake in three jelly cake tins. Have ready one grated cocoanut, and sprinkle thickly between the layers and sift a little sugar over it. Mix some of the cocoanut with the frosting, and the last thing sprinkle cocoanut over the top. One loaf.

### CREAM PIE.

One cup of sugar, one egg, butter little less than size of an egg, two-thirds of a cup of milk, one teaspoonful of cream tartar, half a teaspoonful of soda, one and three-quarter cups of flour. Bake in two jelly cake tins.

CREAM.

Two cups of milk, three eggs, reserving white of one egg for the frosting; two tablespoonfuls of sugar, one and a half tablespoonfuls of corn starch. Let the milk come to boiling point, stir in eggs and sugar well beaten together and the corn starch dissolved in a little cold milk. Cook one minute. Flavor with wine. Grate half a cocoanut, put half in the cream and half in the frosting. As you can only put a little of the cream between the layers, use the rest as a

sauce. For a change use raspberry jam in place of the cream.

H. B. W.

### CREAM CAKE WITH FILBERTS.

One cup of sugar, one tablespoonful of butter, one egg, two-thirds of a cup of milk, one teaspoonful of cream tartar, one-half a teaspoonful of soda, one and two-thirds cups of flour. Crack a generous half pound of filberts, blanch, and chop very fine, saving half for the cream. Flavor with St. Croix rum. Bake in one loaf. When ready to use cut the loaf open twice, as though baked in three jelly tins, and put in the cream.

#### CREAM.

Dissolve a scant half tablespoonful of gelatine and put it in a pint of cream. Sweeten and flavor with rum (about three or four teaspoonfuls), whip and add the rest of the chopped nuts. If you have no cream, make a soft custard with half a pint of milk, one egg, one tablespoonful of corn starch, and two tablespoonfuls of sugar. Beat the egg, sugar, and corn starch together and pour the boiling milk on it, stirring until smooth. Return to the fire, boil one minute, remove and add the nuts and rum.

H. B. W.

### QUEEN'S CAKE.

One pound of sugar, one pound of flour, one-half pound of butter, one cup of milk, four eggs, one pound of raisins, wine glass of brandy, one-half teaspoonful of soda, spice to taste.

## SIX MONTHS' CAKE.

Three-fourths of a cupful of butter, one cupful of sugar, half a cupful of molasses, two eggs, two and one-half cupfuls of flour, half a cupful of milk, half a teaspoonful of soda, one cupful of stoned raisins, and one teaspoonful of mixed spices. Add citron and currants if desired.

## WHITE CAKE.

Beat half a pound of butter to a cream, add to it an equal weight of dried and sifted sugar, the yolks and whites of eight eggs, beaten separately, two ounces of candied orange peel, half a teaspoonful of mace, a glass of brandy, one pound of sifted flour, and one pound and a quarter of currants. Bake two hours in a well-heated oven.

## MOLASSES DROP CAKES.

One cupful of sour cream, one cupful of molasses, two cupfuls of flour, ginger, a little salt, and one teaspoonful of soda. Drop from a spoon on a buttered tin and bake quickly.

## GINGERBREAD.

Three coffeecupfuls of flour, one cupful of sugar, one cupful of molasses, one-quarter of a cupful of butter, two eggs, one teaspoonful of soda, ginger to taste.

J. W.

## SOFT SUGAR GINGERBREAD.

Four cupfuls flour, two cupfuls sugar, one cupful butter, one cupful sour milk, teaspoon saleratus, five eggs, two large tablespoonfuls of yellow ginger; bake

in two sheets and dredge granulated sugar over the top before baking.

#### HARD SUGAR GINGERBREAD.

Two pounds flour, one pound butter, one pound sugar, five eggs, two ounces of yellow ginger, one teaspoonful saleratus. Roll very thin and cut in squares.

#### HARD MOLASSES GINGERBREAD.

Boil together one pint molasses, one cupful butter (for a minute only), then pour on to one quart flour, in which is mixed two tablespoonfuls yellow ginger and one teaspoonful sifted saleratus; stir all together, and when cold roll very thin and bake.

#### JUMBLES (DUTCH).

One cupful of butter, two cupfuls of sugar, two cupfuls of flour, three eggs, one teaspoonful of rose water. Keep in a covered jar for six weeks. Then they are delicious.

#### SUGAR COOKIES.

One cupful of butter, two cupfuls of coffee sugar, one egg, four tablespoonfuls of milk, one even teaspoonful of soda, one teaspoonful of ginger, and half of a nutmeg, flour enough for rolling—about five cups.

#### VANILLA WAFERS.

One cupful of sugar, two-thirds of a cupful of butter, one egg, four tablespoonfuls of milk, one teaspoonful of cream of tartar, half a teaspoonful of soda, and one of vanilla; flour. Roll very thin and bake quickly.

## GINGER SNAPS.

One cupful of butter, one each of molasses and brown-sugar, one egg, two teaspoonfuls of ginger and one tablespoonful of mixed spices, one teaspoonful of soda dissolved in half a cupful of boiling water. Add flour enough to roll out. Roll very thin.

## SEED CAKES.

Three cups of pastry flour, one and a half cups of sugar, one half cup of butter, two eggs, one heaping teaspoonful of cream tartar, half a teaspoonful of soda, and half a cup of milk. Season with caraway seed, carefully cleaned. Drop twelve on a pan, and test with a broom splint to know when done. About five minutes after taking from the oven run a knife through to divide into twelve cakes, and put them on a sieve to cool quickly. Keep in a cake jar. They should be very light and tender. H. B. W.

## FRIED CAKES.

Seven tablespoonfuls of sugar, four of melted butter, two eggs, salt spoon of salt, one teaspoonful of soda dissolved in four tablespoonfuls of milk, half a nutmeg. Add flour till sufficiently stiff to roll out easily. Roll half an inch thick, cut with a cookie cutter, and fry in hot lard.

## BOILED ICING.

Boil together one cupful of granulated sugar and a quarter of a cupful of boiling water for ten minutes, or until the sugar will "thread" from the spoon. Do not stir while it is boiling. Have the white of an egg



beaten to a stiff froth and pour the syrup gradually over it, stirring all the time. Flavor to taste.

For a plain frosting use one teacupful of powdered sugar to the white of one egg. Beat the sugar into the egg a little at a time. Do not beat the egg until a little of the sugar has been put with it. Flavor either with lemon or vanilla, or any other flavor that may be preferred ; a little rum is very nice.

# Pickles, Preserves, Jellies.

---

## PRESERVED PEARS.

Pare the fruit, which should be of fine flavor, and drop it into cold water to prevent its becoming discolored. For every pound of fruit take three-quarters of a pound of sugar. Put the sugar into the preserving kettle with half a pint of water to every two pounds of sugar. Let it boil and skim carefully until no more scum rises. Drop the fruit into the syrup and let it cook until clear. Put the fruit into glass jars as for canning, letting them stand in a pan of hot water on the stove while the syrup boils down ten or fifteen minutes after the fruit is all out. Pour the syrup over the fruit and screw on the heated cover as carefully as in canning. A piece of ginger root, a little crystalized ginger, two slices of lemon cut very thin, or a stick of cinnamon in each jar, add a nice flavor. If the parings of the fruit are boiled in the water used for making the syrup and carefully strained before using, the flavor of the preserve is improved, but it will be darker in color.

## PRESERVED PEACHES.

Pare and halve the fruit and remove the pits. If not too large for the cans they may be left whole, as the pits give a fine flavor. Make a syrup as above directed. Lay the peaches in the boiling syrup carefully and boil till clear. After removing the peaches into cans boil the syrup ten minutes, skimming care-

fully, and proceed as directed for pears. Blanch some meats of the pits, boil with the syrup, and add a few to each can.

### PRESERVED QUINCES.

Pare and halve the quinces, removing the cores. Put the fruit into the preserving kettle with water to cover it well and boil until tender, or until you can insert a splinter easily. Remove from the fire and drain off the water, handling the quinces so that they will not get broken. Make a syrup of a pound of sugar to every pound of fruit and a pint of the water in which the quinces were boiled. When boiled till no more scum rises add the quinces and boil till clear. Put into jars as above.

### PRESERVED PINEAPPLE.

Pare the fruit, and cut it into thin slices. Put it into a bowl, with sugar scattered over each layer of fruit in the proportion of three-quarters of a pound of sugar to one of fruit. Set it in a cool place over night, or for several hours, when a syrup will have formed. Cook the fruit slowly in this syrup until it is transparent. Remove it into jars, boil the syrup a little longer, and pour it boiling on the fruit.

### PRESERVED GREEN GAGES.

Wipe the fruit carefully, and either skin it by plunging it into hot water, or, if the flavor of the skin is preferred, prick the fruit carefully with a needle, and proceed as above directed.

## PRESERVED STRAWBERRIES.

Allow three-quarters of a pound of sugar to one of fruit. Let the fruit stand in the sugar over night. In the morning pour off the syrup, and boil until clear. Skim, and put in the fruit; cook ten minutes, very slowly. Take out carefully, and place on platters in the sun. Boil the syrup for half an hour longer; put in the fruit, and boil up once; then put into glass jars. In taking the berries out of the syrup great care must be used to keep them whole, and not to crowd them on the platters, but spread them out so that they will all be in the sun.

## PRESERVED TOMATOES.

Allow one pound of sugar to one pound of yellow, egg or strawberry tomatoes, peeled, and one slice of lemon. Have the tomatoes and sugar stand together over night. In the morning drain off the syrup, and boil ten minutes; skim, and put in the tomatoes; cook slowly for half an hour, then take out the fruit, and spread on platters. Boil down the syrup, put the fruit in jars, and pour into them the syrup. Put in the lemons, and boil one minute just before you take off the syrup.

## PRESERVED RASPBERRIES.

To eight quarts of berries put three quarts of sugar. Let it stand until a syrup is formed. Drain this from the fruit, and when it begins to boil add the fruit, and boil it ten minutes. Proceed as with canning fruit.

## PRESERVED CHERRIES.

To one pound of fruit put three-quarters of sugar. The cherries can be pitted or not, according to taste. The pits give a nice flavor.

## PRESERVED CITRON.

Pare, slice, and core the citron, and to six pounds of citron allow six pounds of sugar, four lemons or oranges, or two lemons and two oranges, and a quarter pound of ginger root. Bruise the ginger root, and boil it in clear water. Strain. To this water add the sugar, and boil till no scum rises. Prepare the citron by boiling in clear water till tender. Also the lemons and oranges, boiling them till transparent. Add this water also to the boiling syrup. When the syrup is clear add the citron, the slices of lemon and orange, and boil till clear.

## PRESERVED APRICOTS.

Plunge the fruit into boiling water to remove the skins. Allow three-quarters of a pound of sugar to one pound of the fruit. Let the fruit stand over night in the sugar, and in the morning pour off the syrup, and boil until clear. Put in the fruit, and cook until tender. Take out carefully, and place on platters in the sun. Boil the syrup for half an hour longer, put in the fruit, boil up once, and put into glass jars.

## PRESERVED PINEAPPLE, WITHOUT COOKING.

Chop the pineapple, and allow a pound of sugar to a pound of fruit. Mix the sugar and fruit thoroughly together, and put into fruit jars. On the top of each

jar put a tablespoonful of St. Croix rum, and then screw on the covers. No cooking is required.

### BRANDIED PEACHES.

"Morris Whites" are the best for this purpose. Drop into boiling water for a few minutes, when you can easily remove the skins. Leave in cold water, to prevent darkening until ready to drop into the syrup. One pound of sugar to one pound of fruit. Use as little water as possible in the syrup; when clear drop in the peaches, and as fast as they cook fill the hot jars. After the peaches are all cooked, boil the syrup half or three-quarters of an hour longer; then mix the syrup and pale brandy in equal quantities, and fill the jars. If you have not mixed enough to fill all the jars, mix as much more as will be needed. In this way you only mix what is wanted.

### GOOSEBERRY JAM.

One pound of fruit to one pound of sugar; make a syrup of the sugar and a little water. When it boils, add the fruit and boil two hours.

Other fruit jams, equal weight of fruit and sugar.

### DAMSON JAM.

Allow half a pound of sugar to one pound of fruit, and a very little water; boil all together one hour. Very nice with meat. Either prick with a needle or plunge in hot water to remove the skins.

### BLACKBERRY JAM.

Three-quarters of a pound of brown sugar to one of fruit; boil the fruit half an hour in its own juice, add

sugar; boil ten minutes. Put in earthen bowls and cover tightly with paper.

### PRESERVED GRAPES.

Four pounds of fruit, three pounds of sugar. Pulp and boil until soft, separate from the seeds by rubbing through a sieve; add skins and sugar and a little water, if necessary; cook ten minutes.

### CURRANT JELLY.

Cook the currants from twenty minutes to half an hour. Then strain them and allow one pint of juice to one pound of loaf sugar. Boil the juice for five or ten minutes. Heat the sugar by putting it in pans in the oven. When the juice has boiled the required time, add the hot sugar and let it boil one or two minutes. Remove from the fire, skim carefully, and put into hot jelly glasses. Heat the glasses to avoid breaking when the hot syrup is poured in. Very easy and very sure. When the jelly is cold cover the top with brandy papers, and paste paper over the glasses.

A good jelly is made of two parts raspberry juice and one of currant.

All other jellies, apple, crabapple, quince, plum, etc., are made in the above manner, allowing one pound of sugar to one pint of juice.

### TOMATO SAUCE.

Three pounds of tomatoes, one and one-half pounds of sugar, one grated lemon, one pint of vinegar, and a small tablespoonful of ginger. Boil for two hours.

## CHILLI SAUCE.

One peck of ripe tomatoes peeled, four green peppers, three onions, one teacupful of sugar, one quart of vinegar, and salt to suit the taste; one half tablespoonful of allspice and the same of cloves. Cook all together; seal up tight.

## GREEN TOMATO PICKLE.

Slice one peck of green tomatoes and twelve onions, put in the preserving kettle two quarts of vinegar, two pounds of sugar, half a cupful of salt, one ounce of cloves, one of allspice, and two each of black pepper and ground mustard. When it boils add the tomato and onion; boil all together until tender. Put in glass jars.

## SPICED CURRANTS.

Seven pounds of currants, four pounds of sugar, two ounces of cinnamon, two ounces of cloves, one ounce of mace, and one quart of vinegar; put the powdered spices in a *thin* bag and drop in the vinegar; squeeze the bag gently to impregnate the vinegar; boil all of the ingredients one hour. If not as thick as you wish, it can be boiled a little longer.

The same rule is very nice for barberries; also cherries.

H. B. W.

## TOMATO CATSUP.

Boil one bushel of tomatoes six hours and let it cool and strain. Add two pounds of figs, four quarts of vinegar, three tablespoonfuls of black pepper, three tablespoonfuls of mace, one scant tablespoonful of red pepper, and salt to taste. Boil this four hours and



rub through a sieve to mash the figs thoroughly. Then add three pints of sherry and half a pint of brandy and you will have some delicious catsup. Bottle and keep in a cool place.

H. B. W.

### TO CAN TOMATOES.

Drop in boiling water and leave long enough to remove the skins easily. When skinned, crush them and drop into a colander to allow the surplus water to run out. Put into the preserving kettle and boil from two and one-half hours to three hours. It is a good way to dip out occasionally some of the water. There is a great difference in tomatoes in this respect, and one must judge for herself. Watch and stir often to prevent burning. Put into hot glass cans and cover as tightly as possible. The next morning tighten every top with the wrench as much as possible. In this way it will be a rare thing to lose a jar.

H. B. W.

### CUCUMBER PICKLE.

Half a pint of mustard seed, quarter of a pint of celery seed, one ounce of stick cinnamon, one and a half ounces of green ginger root, one ounce of whole cloves, one ounce of whole allspice, alum the size of an egg, half an ounce of Mexican peppers, six hundred *small* pickles. Scatter salt thickly over the cucumbers, and pour boiling water over all, and let stand twenty-four hours. Pour off, wipe them dry, and cover with boiling vinegar, and let them stand another day. Pour the vinegar off, and boil the spices and alum in it, the spices being in a muslin bag, which squeeze carefully while the vinegar is heating, in order to impregnate the

vinegar. Pour boiling hot over the cucumbers, and in a few days they will be ready to eat. H. B. W.

### GOVERNMENT SAUCE.

One peck of green tomatoes, eight green peppers, four onions chopped fine, one cupful grated horse radish, four teacupfuls of sugar, one tablespoonful of ground clove, one of allspice, and one of cinnamon. Put half a cupful of salt upon the tomatoes, and let stand over night, then drain dry. Put in the other ingredients, cover well with vinegar, and cook one hour.

### SWEET TOMATO PICKLE.

One quart of vinegar, three and one-half pounds of sugar, seven pounds of ripe tomatoes peeled and sliced, and one ounce each of cinnamon and mace. Mix together, and cook one hour.

## • • Beverages. • •

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### CHOCOLATE.

(From "First Principles of Household Management and Cookery." Copyright 1879 and 1882, by Maria Parloa.)

Scrape fine an ounce (one of the small squares) of Baker's or any other plain chocolate; add two tablespoonfuls of sugar and put in a small saucepan with a tablespoonful of hot water; stir over a hot fire for a minute or two until it is perfectly smooth and glossy, and then stir it all into a quart of boiling milk, or half milk and half water; mix thoroughly and serve at once. If the chocolate is wanted richer, take twice as much chocolate, sugar, and water. Made in this way chocolate is perfectly smooth and free from oily particles. If it is allowed to boil after the chocolate is added to the milk it becomes oily and loses its fine flavor. Serve with whipped cream.

### BOILED COFFEE.

One cupful of ground and roasted coffee; mix it with one egg, shell and all; turn into the coffee pot and cover with a quart of boiling water; boil for five minutes; then pour in one cupful of cold water; set it on the back of the stove, where it will not boil, for a few minutes. Serve with cream or boiled milk.

**CAUDLE (DUTCH).**

Two quarts of water, four tablespoonfuls of oatmeal, a blade of mace, and a small piece of lemon peel, boiled together half an hour, stirring very often; strain and sweeten to taste. As it is used grate in a little nutmeg, add sherry, and if not for a sick person the juice of a lemon.

**BROWN CAUDLE (DUTCH).**

Boil the caudle as above, using six tablespoonfuls of oatmeal, and when strained add one quart of good ale, not bitter; boil up once. Sweeten to taste, and add half a pint of some white wine.

## Hints to Housekeepers.

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Blanch almonds by pouring boiling water over them, then put into cold water.

Both eggs and cream whip much easier if ice cold.

In serving, have hot dishes *hot*, and cold dishes *cold*.

Save all the egg shells, as they can be used to clear soups, jellies, etc., and if broken into bits and mixed with cold water, then put into decanter and caraffes, and thoroughly shaken they will clean them to look like new.

Lay a doyley over potatoes when ready for the table and then put on the dish cover. The napkin will absorb the moisture, and save it from collecting in drops on the inside of the cover.

Mince meat put up hot, in fruit jars, will keep a year or more. A quart jar will hold enough for two pies. If the meat is too dry when taken out, wet with fruit syrup, as described below, or with cider or brandy according to choice.

In using gelatine, always cover it with cold water for two hours and then add whatever hot water is needed.

Save all scraps of jellies and fruit syrups when preserving. Scald and put up tight in fruit jars. It will be good to moisten mince meat.

Save all the bits of bread, dry thoroughly in the oven sift and put in jars or wide-mouthed bottles closely covered. It is well to have very fine crumbs for bread-  
ing, and coarser ones for frying as a garnish.

In boiling puddings in the double boiler see that the water boils constantly; as it boils away fill up from the tea kettle.

When either a spoon or fork becomes stained with egg, it can be very easily cleaned if rubbed with common salt.

A teaspoonful of ammonia in the dish water will be found a great comfort, especially when the dishes are greasy.

In thickening soups, sauces or gravies with flour the flour will become lumpy unless properly used. To have it smooth mix it with an equal quantity of *cold* water or milk and rub until perfectly smooth. Then pour into the material to be thickened and stir until it is distributed through it.

To chop suet so that the pieces will not adhere to each other, sprinkle flour over it while chopping.

# Weights and Measures.

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Weights are always best, but as many families have no scales for weighing a table of measures will be found very convenient. The cup used in cooking is the ordinary kitchen cup, which is supposed to hold half a pint. The tin cups which are to be found in all household furnishing stores and are divided into quarters, halves, and thirds, are very useful when a fraction of a cupful is needed :

One quart of sifted flour, . . . .	One pound
One pint of granulated sugar, . . .	One pound
Two cupfuls of butter packed, . . .	One pound
One pint of liquid, . . . . .	One pound
Ten eggs, . . . . .	One pound
One solid pint chopped meat, . . .	One pound
Two and one-half cupfuls powdered sugar, . . . . .	One pound
Three cupfuls of Indian meal, . . .	One pound
One cupful of rice, . . . . .	Half a pound
One wine-glass full, . . . . .	Half a gill
Eight even tablespoonfuls, . . . .	Half a gill
Four tablespoonfuls of liquid, . . .	Half a gill
One tablespoonful of liquid, . . . .	One ounce
One rounded tablespoonful of flour, . .	One ounce
One tablespoonful of butter, . . . .	One ounce
Butter size of an egg, . . . . .	Two ounces
One tablespoonful of granulated sugar, .	One ounce
Two tablespoonfuls of flour, . . . .	One ounce
Two tablespoonfuls of ground spices, .	One ounce
One heaping tablespoonful powdered sugar, . . . . .	One ounce
One cupful of dried bread crumbs, . .	Two ounces
Four even salt spoons, . . . . .	A teaspoonful

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